

# Chiquita Banana Recipe Book



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# welcome

**Hello! If you found this e-book, you are a true Chiquita banana fan. That means you're one of my favorite people in the world! Sending lots of love to you. ♥**

**As you know, I've been cooking delicious recipes for a looong time and I think I've gathered a pretty cool collection. In this e-book, I'm sharing some of my favorite ones, so you can try them at home and upgrade your breakfast and snacks!**

**Chiquita bananas are truly one of the best superfoods. When it comes to healthy snacks, they're certainly the tastiest and most convenient. They support our nervous and immune system by providing a whole lot of vitamins and minerals.**

**The recipes I'm about to share with you are healthy, simple, and sooo yummy. Show me your kitchen creations on Instagram, and use #chiquitabanana so I can see how beautiful they turned out!**

**Hope you enjoy this e-book as much as I enjoyed making it.**

**Xoxo, Miss Chiquita**







# best banana bread

## Nutritional values per portion

Calories	263
Fat	8,4 g
Saturates	1 g
Carbohydrate	42,4 g
Sugars	25,4 g
Fiber	2,1 g
Protein	3,3 g
Salt	0,1 g



I've baked my favorite Chiquita  
banana bread recipe for you!  
This is one I've cherished for years.

- Miss Chiquita



70 min



263 cals



easy



brown



american  
cuisine



banana  
bread



lactose  
free



vegan



vegetarian

## Step 1

Preheat the oven to 350°F / 180°C.



## Step 2

In a bowl, mash the Chiquita bananas with a fork. Mix the rest of the ingredients until well incorporated.

## Step 3

Pour the batter into a lined cake tin.

## Step 4

Peel the Chiquita banana, previously saved for the topping, and cut it lengthwise in half. Top it on the batter. Bake for approx. 50-60 minutes.

### Ingredients for 10 servings

4	ripe Chiquita bananas
1	Chiquita banana for topping
5 tbsp	sunflower oil
1 1/2 cup	wheat flour
3/4 cup	granulated sugar
1 tsp	baking powder
1 tsp	baking soda
1 tsp	cinnamon
1	pinch of salt





100 min



264 cals



easy



brown



american  
cuisine



banana  
bread

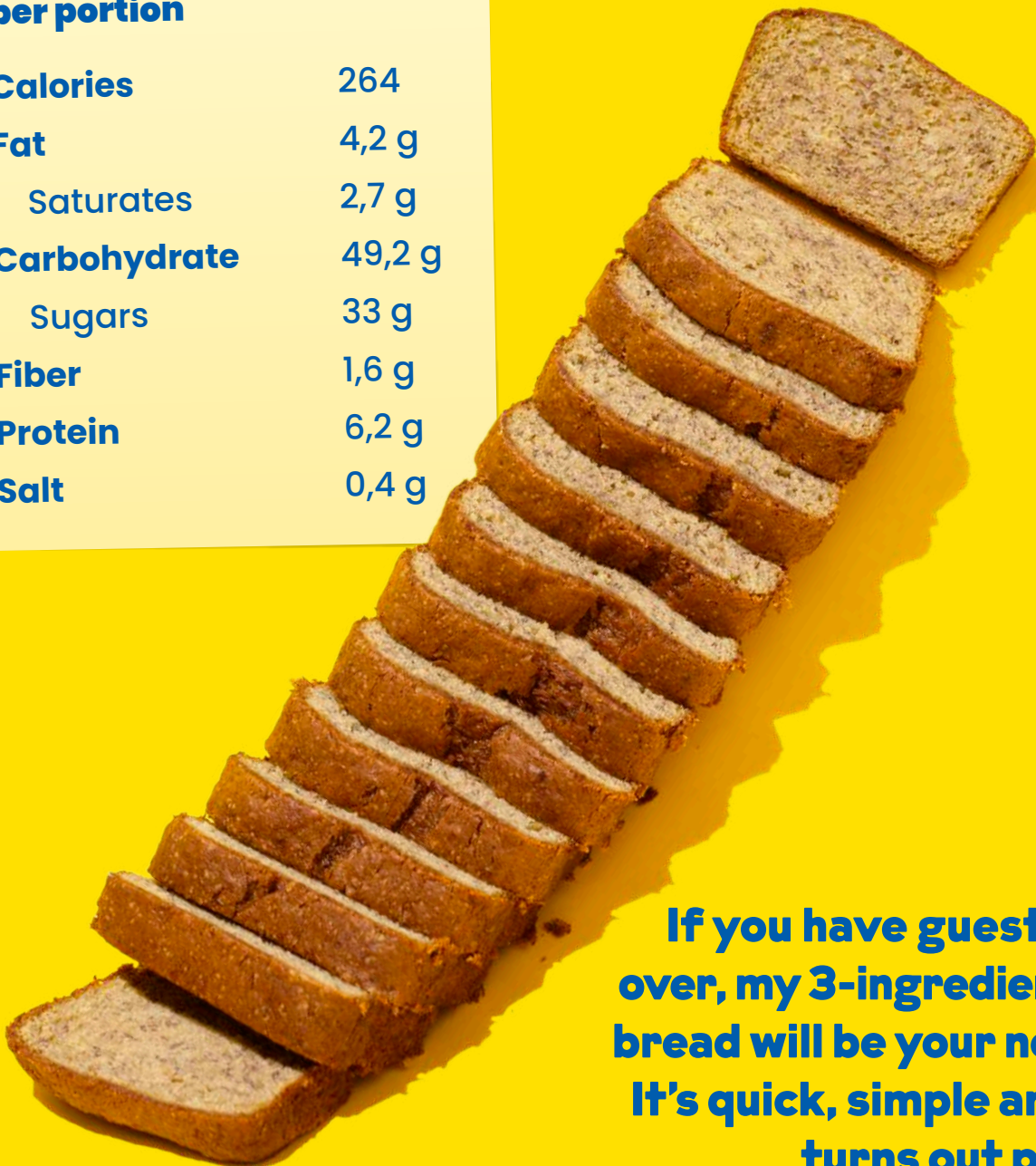


vegetarian

# 3-ingredient banana bread

## Nutritional values per portion

<b>Calories</b>	264
<b>Fat</b>	4,2 g
Saturates	2,7 g
<b>Carbohydrate</b>	49,2 g
Sugars	33 g
<b>Fiber</b>	1,6 g
<b>Protein</b>	6,2 g
<b>Salt</b>	0,4 g



**If you have guests coming over, my 3-ingredient banana bread will be your new go-to. It's quick, simple and always turns out perfectly!**

**- Miss Chiquita**



100 min



264 cal



easy



brown



american  
cuisine



banana  
bread



vegetarian



## Step 1

Preheat the oven  
to 250 °F / 120 °C.

## Step 2

In a bowl, mash the Chiquita bananas with a fork. Mix the self-raising flour and the condensed milk with the mashed Chiquita bananas. Pour the batter into an 8X4 inch loaf pan.

## Step 3

Add 2 cups of water into a square baking pan (11X7 inch / 28X18cm). Place the 8X4 inch / 20x10cm loaf pan in the square baking pan, so it bakes au bain-marie.

## Step 4

Cover the loaf pan  
with some foil.

## Step 5

Bake for 60 minutes  
at 250 °F / 120 °C.

## Step 6

After the 60 minutes, continue  
baking for another 30 minutes  
at 320 °F / 160 °C.

## Step 7

Enjoy your 3-ingredient  
banana bread!

### Ingredients for 10 servings

- 5 Chiquita bananas
- 1 1/2 cups self-raising flour
- 1 3/4 cups condensed milk



# mindfulness strawberry and Chiquita banana vegan protein smoothie bowl



## Nutritional values per portion

<b>Calories</b>	412
<b>Fat</b>	8,4 g
Saturates	1,7 g
<b>Carbohydrate</b>	66,1 g
Sugars	40,8 g
<b>Fiber</b>	11,4 g
<b>Protein</b>	11,1 g
<b>Salt</b>	0,1 g



**Mindfulness is a very important topic for me. I created this recipe for a full charge of vital nutrients. It fuels my mind and boosts my energy. - Miss Chiquita**





15 min



412 cals



easy



brown



breakfast



smoothies  
& shakes



sticker  
moments



lactose  
free



vegan



vegetarian

## Step 1

Peel and chop the 3 Chiquita bananas.

## Step 2

Put the chopped Chiquita bananas, almond milk, oatmeal, half a cup of strawberries, cooked chickpeas and peanut butter in the food processor and blend until smooth.



### Ingredients for 2 servings

- 3 Chiquita bananas
- 1/4 cup almond milk
- 1/4 cup oatmeal
- 1/2 cup strawberries
- 1/2 cup cooked chickpeas
- 1 tbsp (all-natural) peanut butter

### For topping

- 1/2 Chiquita banana
- 2 chopped almonds
- 4 strawberries
- 2 tsp chia seeds
- 1 tsp goji berries

## Step 3

Chop the half Chiquita banana and the four strawberries.

## Step 4

Top the mix with the Chiquita banana pieces, goji berries, almonds, chia seeds and strawberries.



# oatmeal Chiquita banana bread

## Nutritional values per portion

<b>Calories</b>	166
<b>Fat</b>	7 g
Saturates	0,8 g
<b>Carbohydrate</b>	20,7 g
Sugars	6,4 g
<b>Fiber</b>	2,3 g
<b>Protein</b>	4,1 g
<b>Salt</b>	0,2 g



Try out my fluffy  
and moist oatmeal  
Chiquita banana  
bread for a tasty  
and nutrient-packed  
breakfast.

- Miss Chiquita





40 min



166 cals



easy



brown



american  
cuisine



banana  
bread



lactose  
free



vegan



vegetarian



## Step 1

Preheat the oven  
to 350°F / 180°C.

## Step 2

In a bowl, mash the  
Chiquita bananas with  
a fork. Mix the maple  
syrup and oat milk with  
the Chiquita bananas  
until well combined.

## Step 3

Mix the dry ingredients  
(oatmeal, wheat flour, baking  
powder, cinnamon, chopped  
walnuts and salt) together.

## Step 4

Whisk the dry ingredients into  
the Chiquita banana mixture  
until just incorporated. Pour  
the batter into a lined cake tin.  
Top the remaining chopped  
walnuts and bake for approx.  
30 minutes.

## Step 5

You can eat this dish with (non-  
dairy) yogurt and berries.

### Ingredients for 10 servings

2	ripe Chiquita bananas
1 <sup>3</sup> / <sub>4</sub> cup	old fashioned oatmeal
2 tbsp	wheat flour
1 cup	oat milk
1 tsp	baking powder
2 tbsp	maple syrup
1 tsp	cinnamon
3 tbsp	chopped walnuts
2 tbsp	chopped walnuts for topping
1	pinch of salt





40 min



275 cals



easy



yellow with brown spots



american cuisine



desserts



vegan



vegetarian

# vegan Chiquita banana cream cup- cakes



**When it comes to breakfast, cupcakes are loved by children and grown-ups alike. This recipe is both dairy and egg-free, making it a great vegan option.**

**- Miss Chiquita**

## Nutritional values per portion

<b>Calories</b>	275
<b>Fat</b>	8,1 g
Saturates	0,9 g
<b>Carbohydrate</b>	46,2 g
Sugars	30,1 g
<b>Fiber</b>	2,7 g
<b>Protein</b>	2,9 g
<b>Salt</b>	0,4 g



40 min



275 cals



easy



yellow with brown spots



american cuisine



desserts



vegan



vegetarian

## Step 1

Preheat the oven to 375 F / 190°C.

## Step 2

In a bowl, mash the Chiquita bananas with a fork.

## Step 3

In another bowl sift the wheat flour, baking powder, baking soda, salt, and cinnamon.

## Step 4

Mix half of the rice milk with 2/3 of the dry ingredients until blended. Add the rest of the dry ingredients. While slowly mixing, also add the sunflower oil.

### Ingredients for 2 servings

2	Chiquita bananas
1 1/2 cup	wheat flour
3/4 cup	granulated sugar
1 tsp	baking powder
1/2 tsp	baking soda
3/4 cup	rice milk (unsweetened)
1/3 cup	sunflower oil
1 tsp	cinnamon
1/2 tsp	salt

### For topping

4/5 cup	powdered sugar
1 tbsp	water
1	Chiquita banana in slices

## Step 5

Add the mashed Chiquita bananas to the batter and mix until well combined.

## Step 6

Scoop the batter into paper lined cupcake tin, fill only half way to prevent spilling. Bake for approx. 20 minutes.

## Step 7

Mix the powdered sugar with the water. Let the muffins cool off and top them with the icing.





20 min



416 cals



easy



yellow



american  
cuisine



banana  
bread



breakfast



vegetarian



### Nutritional values per portion

Calories	416
Fat	6,1 g
Saturates	1,9 g
Carbohydrate	72 g
Sugars	25,4 g
Fiber	10 g
Protein	13 g
Salt	0,9 g

**Pancakes are a breakfast staple that makes everyone smile. Try something different with my Chiquita banana bread pancakes: they are incredibly moist and naturally sweet, thanks to the bananas!**

**- Miss Chiquita**



# Chiquita banana bread pancakes





20 min



416 cals



easy



yellow



american  
cuisine



banana  
bread



breakfast



vegetarian



## Step 1

In a bowl, add the milk, egg, cinnamon and the whole grain flour, whisk together until smooth.

## Step 2

Cut the Chiquita bananas in half, lengthwise.

## Step 3

Bake 1 half of the Chiquita banana at a time, placing it on the flat side until it caramelizes.

## Step 4

Place 3 tbsp batter on the Chiquita banana and flip it when it turns brown.

## Step 5

Bake the rest of the Chiquita banana pancakes.

### Ingredients for 2 servings

3	Chiquita bananas
1 1/2 cup	whole grain flour
2 tbsp	whole grain flour
1 cup	milk
1	egg
1 tsp	cinnamon
1 tsp	baking powder
	oil for baking

# final thoughts

**That's it! You're ready to have some fun. These recipes are tasty, and full of healthy nutrients because they have the best ingredient: Chiquita bananas.**

**Try them out and let me know what you think. Don't forget to use #chiquitabanana if you share the pics on Instagram, so I can check them out and give you my review (which of course will be amazing).**

**Enjoooy. ♥**

