

SUPERFOODS

BY **MRM** NUTRITION

ORGANIC GREEN BANANA POWDER



MAGNÍFICO GUINEO VERDE

NET WT. 8.5 OZ (240 G)



Directions: Add 1 serving to water, juices, smoothies, and other recipes.

Nutrition Facts

40 servings per container
Servings size 1 tbsp (6g)

Amount Per Serving
Calories 20

%Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Total Sugars	0g	0%
Includes 0g Added Sugars		0%
Protein	0g	0%
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	80mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Green Banana Fruit Powder.

UNTOUCHED nature mesmerizes me how it lives in harmony within itself; plants, animals and microorganisms, all intertwined in a sometimes chaotic yet cyclical unity. This perspective shaped my childhood and evolved into a quest for knowledge of ethnobotany (study of the relationships between peoples and plants). I'm humbled that this exploration allowed me to build a line of natural health products.

At MRM, we are inspired by nature and utilize science as a tool to learn, incorporate, support and educate what the natural world has to offer.

Respectfully, these Superfoods are the foods our ancestors thrived on, not today's foods we survive on.

Many Thanks,

Mark Olson
Founder of MRM



WHAT IS GREEN BANANA

NAME:	Green Banana Pulp, Musa acuminata, aka "Green Banana"
COUNTRY OF ORIGIN:	Ecuador
CLIMATE:	Temperate to Subtropical
PLANT PART USED:	Fruit
NUTRIENTS:	Prebiotic Fiber, Digestive Resistant Starch, Potassium, Magnesium, Manganese
ETHNOBOTANY:	Green banana flour was first developed by tropical growers to use fruit beyond the window when it was ripe. It helped to prevent waste and extended the availability of this nutritious superfruit.

RECOMMENDED USES

USE 1 SERVING PER DAY.



SMOOTHIES



YOGURT/CEREAL



BEVERAGES



BAKING

DOES NOT CONTAIN

- Gluten.
- Preservatives.
- Refined Sugar.
- Sugar Alcohols.
- Animal Products.
- Fillers or Additives.
- Artificial Ingredients.

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SMOOTHIE RECIPE

BAE-NANA SMOOTHIE

Serves: 1

- 1 tbsp Green Banana powder
- 1 cup frozen mango
- ½ cup frozen peach
- 1 handful kale
- 1 cup coconut milk
- 2 tbsp agave syrup

DIRECTIONS:

Place ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

By Chris White
MRM Culinary Advisor

For more uses/recipes go to:
www.mrmnutrition.com/recipes

Contains NO added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

Contains a non-toxic moisture absorber to maintain freshness. Do not eat. Store in a cool, dark, dry place.

This product is manufactured in a facility that processes other products that contain milk or egg.

This product is packaged by weight, not volume. Settling of contents occurs over time and cannot be avoided.

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Certified Organic by ECOCERT SA