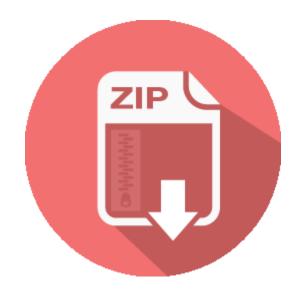
# **DIABETIC BANANA RECIPES**



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Banana Recipes. Bananas are a good source of Vitamin B-6, magnesium and potassium and also provide dietary fiber. Try to include Bananas in your meal planning, figuring that each small Banana has about 23 grams of carbohydrate. These diabetic-friendly recipes offer other ways of getting bananas into your diet, including banana desserts.

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# **Diabetes Friendly Banana Recipes Diabetic Connect**

Eating a healthy diabetic diet doesn t mean you have to spend hours slaving away in the kitchen. Browse our collection of mouth-watering meals that are on your table in 20 minutes or less.

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#### 12 Healthy Banana Recipes Banana Bread Banana Pudding

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# Diabetes Friendly Banana Bread Recipes EatingWell

Banana bread is a classic comfort food that s perfect for a diabetic breakfast or healthy snack. We ve added delicious twists to classic banana bread

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## Banana Muffins Diabetic And Delicious Recipe Genius Kitchen

I met this muffin on the Christine Cushing Live show and had to try it. For my money this is the ultimate banana muffin when it comes to the health aspect and just plain good taste. This can be made with some chopped nuts in place of the blueberries (or a small amount in addition to the berries).

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