

Banana Stem Juice

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter after taste. It helps in improving the overall health, assists with weight loss and people suffering from urinary tract infection, heartburn, cholesterol problems, constipation, acidity and ulcers. It helps in increasing the production of insulin and haemoglobin in the body, helps in retaining the muscle tone and helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones and gall bladder stones, and helps in preventing high blood pressure.



Ingredients

Banana stem
(100 gram for 50 to 75 ml of
juice)

Preparation Guide

- Remove the outer layers of the banana stem.
- After chopping the stem into small pieces & get the juice from juice extractor.
- Add little buttermilk or few drops of lemon juice for more effective.