

Banana Pound Cake Recipe

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Ingredients

Main Ingredients

Wheat flour
Banana
Walnuts
Butter
Sugar
Egg
Milk
Salt
Baking soda
Vanilla

Direction

1. Butter and sugar mix.
2. Add egg in 1. and mix
3. Add walnut, banana and vanilla.
4. Sift wheat flour, baking powder and salt.
5. Mix 2. and 4.
6. Pour 5. to oven pan lined with cooking paper
7. Bake 350 F oven for 1 hour
8. Cooling 10 minutes, and take off cooking paper.



Function

- ★ Wheat : Cool, Sweet, Heart, Spleen, Kidney
Nourish Heart, Relieve thirst, Promote urination
- ★ Banana : Cold, Sweet, Stomach, Large intestine
Promote the production of body fluid, Moistens dryness

Application

- Constipation or dry stool
- Hemorrhoid
- Good for dry organ syndrome
- Diabetes – thirst and dry mouth
- Difficult urination of elderly