### Healthy Eating

Kids and family friendly



We're CJP International Business S.A., exporters of green banana, green plantain and cassava flour from Ecuador; with headquarters in Guayaquil.





## Green banana flour

100% green banana, no carrier no additive.

Available in conventional.

Ideal for bakery industries, but have

many other uses and applications.

# Ideal substitute or complement for wheat flour

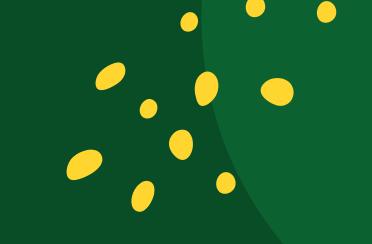
It balances blood-sugar levels.
It's high in fiber.
It can help with weight-loss.
It's seriously nutritious.
It's gluten-free.



### Green plantain flour







It has been observed that unripe plantain contains antioxidant compounds that help prevent diseases and provides vitamins. It generates a slow release of glucose and may help prevent colon cancer and constipation, while lowers cholesterol and triglycerides in the blood.

Rich with vitamins, minerals, fiber, and antioxidants, plantain flour is good for you. It's a great alternative to regular flour and can contribute to a healthier lifestyle.



Dietary supplements

Food processor

Snack companies

Bakery industries

House uses

Military

Pharmaceuticals

Catering

**Smoothies** 

Beverages

Recovery for sports

#### Cassava

Cassava can replace wheat flour and grain-based flour or a gluten-free flour mix, is gluten-free and It is a great choice for gluten-free baking, ideal for people who have gluten sensitivities or disorders; also is low in calories, fat, and sugar.





Cassava flour contains resistant starches. There are a variety of possible health benefits

to eating resistant starches. These potential health benefits may include improved

digestive and colon health and improved insulin sensitivity. Resistant starch in cassava

flour may also help with weight loss efforts.

If you're watching your weight, cassava is a good option because it's typically lower in

calories than other flour options. It's also high in vitamin C, which acts as an antioxidant

to help relieve stress, support your immune system and can contribute to skin health.

#### And more benefits...

Another amazing benefit of cassava flour is that it significantly lowers blood pressure. This is, again, because it is high in dietary fiber. Every cup of cassava flour increases your fiber intake by 4 grams.

If you are health conscious, cassava flour will definitely help you build strong and lean muscles.



#### Contact us

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