



Banana Vinegar Mix

Banana contains a lot of nutrients and vitamins A, B, E, F, proteins. Brown rice vinegar can help extract the nutrients from banana and retain it inside the banana vinegar mixture. Banana vinegar mix can help lower high blood pressure, lower cholesterol and prevent stroke. It is also effective in combating bad bacteria that exist in our digestive system.

Ingredients	<ul style="list-style-type: none"> ○ Banana (1 jin or 600 grams) ○ Brown Rice Vinegar (2 jin or 1 Kg)
Method	<ul style="list-style-type: none"> ○ After peeling the banana, cut into slices and soak it inside the brown rice vinegar.
Soaking Time	Let it soak for 60 days (2 months).
Consume Method	<p>When consuming, mix 1 part of mixture with 5 to 8 parts of water (depending on preference). Best to be drank after meals. It can also be consumed as with any normal beverage.</p> <p>It can also be used as an appetizer.</p>
Benefits	<ul style="list-style-type: none"> ○ Curb high blood pressure ○ Ease constipation and piles ○ Prevents cramps
Things to Note	As banana is very soft, it is quickly dissolved into the brown rice vinegar and the colour of the mixture will turn into brown. You will be able to smell the aromatic banana fragrance once you open the bottle of mixture.