YOU CAN MAKE VEGAN PORK AND BACON FROM BANANA PEELS NOW

*You* We all know that eating bananas is good for you, they’re high in important vitamins and minerals, and they’re tasty too. You can eat them as they are, add them to [**smoothies**](https://www.livekindly.com/13-vegan-acai-smoothie-bowl-recipes/), milkshakes, or fruit salads, you can’t go wrong with a banana. But what about the peel? You normally chuck that straight in the [**food waste**](https://www.livekindly.com/revolutionary-drinking-water-pressed-from-vegetables/). But maybe, next time, you could consider re-purposing it.

There’s a growing number of chefs and recipe bloggers who have discovered the benefits of cooking with organic [**banana**](https://www.livekindly.com/vegan-peppermint-banana-ice-cream/) peel. But whilst this may seem like a new idea to those living in Europe or the United States, people in a number of countries, such as Venezuela and [**India**](https://www.livekindly.com/slaughter-free-clean-meat-feeding-india-2025/), have eaten banana and plantain skin for decades.

According to nutritionist Laura Flores, it’s a totally safe and healthy thing to do, and evens adds to the nutritional value of eating a banana. *“[The skin] contains high amounts of vitamin B6 and* [***B12***](https://www.livekindly.com/where-do-vegans-get-their-b12-from/)*, as well as magnesium and potassium. It also contains some fiber and protein,”* Flores told [**Live Science.**](https://www.livescience.com/45005-banana-nutrition-facts.html)

If you’re imagining just eating a [**banana**](https://www.livekindly.com/banana-farmers-are-turning-the-fruit-tree-stalks-into-vegan-silk/) raw, skin and all, and it doesn’t seem that appealing to you, it doesn’t have to be that way. Recipe blog [**The Stingy Vegan**](https://thestingyvegan.com/banana-peel-vegan-pulled-pork-sandwich/) has come up with a recipe for [**vegan pulled pork**](https://www.livekindly.com/vegan-pulled-pork-style-jackfruit-crescent-ring-recipe/) using banana skins as the main ingredient; they took the inspiration for the dish from Venezuela. She recommends using an organic banana and washing it well with a water-vinegar solution.

They write, *“Carne machada is a kind of shredded* [***beef***](https://www.livekindly.com/beyond-meat-vegan-ground-beef-new-favorite-protein/) *that sort of resembles pulled pork. To veganize it, [Venezuelans] boil plantain peels then shred them with a fork. Some recipes marinate the peels in soy sauce and spices before frying them up with onion and tomato.”*

You could even make vegan bacon using banana peel, like [**Eating Trash With Claire**](https://skillet.lifehacker.com/this-bacon-is-bananas-peels-that-is-1833479569). The blogger admits, *“chewing on a raw banana peel is an extremely unpleasant experience. They’re bitter, rubbery, and leave a weird coating on your tongue.”*

But if you fry it in vegetable oil, with soy sauce, maple syrup, and brown sugar, among other ingredients, it becomes a tasty, salty-sweet crispy salad topper, similar to bacon.

She writes, *“Eat as is, slide ’em in a sandwich, or crumble on top of things with wild abandon.”*