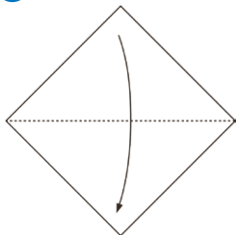


# Banana

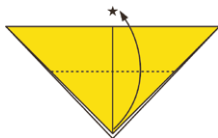
The banana is rich in potassium, which helps stabilise blood pressure and thus promotes heart health.

One serving of fruit is approximately half a banana

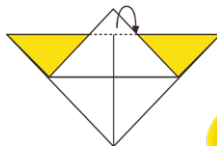
- 1 Fold in half



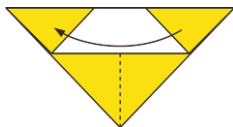
- 2 Lift the corner up to ★



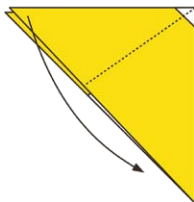
- 3 Fold backward along the dotted line



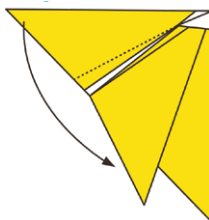
- 4 Fold in half



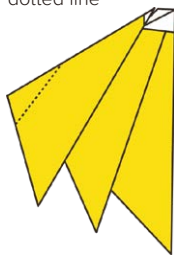
- 5 Fold forward along the dotted line



- 6 Fold forward along the dotted line



- 7 Fold backward along the dotted line



- 8 Finished

