

Banana Flour Market Opportunity, Growth Drivers, Industry Trend Analysis, and Forecast 2025 - 2034

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Abstracts

The Global Banana Flour Market, with a valuation of USD 916.1 million in 2024, is projected to grow at a CAGR of 6.5% from 2025 to 2034. The rising demand for gluten-free, plant-based, and nutrient-dense food options is the driving force behind this market expansion. As consumers become increasingly health-conscious and seek alternatives that are not only nutritious but also environmentally sustainable, banana flour stands out as an ideal solution. Derived from green bananas, this versatile flour is gaining recognition for its high fiber content, prebiotic benefits, and low glycemic index, making it an attractive option for people with dietary restrictions or those striving for a healthier lifestyle.

Consumers today are more focused on clean-label products and sustainability, which further contributes to banana flour's growing appeal. The production process of banana flour uses surplus green bananas, reducing food waste and contributing to environmental conservation. This eco-friendly aspect, combined with its functional health benefits, has made banana flour a sought-after ingredient in a wide range of products. Additionally, its versatile applications in various industries, including baking, snacks, and dietary supplements, have led to its rising popularity among health-conscious individuals and those on plant-based diets.

The market is segmented by type into raw banana flour, ripe banana flour, and others. In 2024, raw banana flour accounted for USD 461.5 million of the market share, driven by its superior nutritional profile, which includes high levels of resistant starch that aid digestion and support weight management. This segment is seeing significant growth as more consumers turn to gluten-free alternatives to replace conventional flour.

Banana flour's popularity is also being fueled by its increasing use in the food and

beverage industry, which accounted for 50.4% of the market share in 2024. As the demand for gluten-free and functional ingredients surges, banana flour is becoming a key component in various food categories, including baked goods, snacks, and beverages. The market is further expanding due to the growing interest in dietary supplements, where banana flour's fiber and prebiotic content offer digestive and overall health benefits.

In the U.S., the banana flour market reached USD 237.3 million in 2024, driven by a growing shift toward gluten-free, plant-based, and clean-label food products. As awareness of banana flour's digestive health benefits and its suitability for various diets increases, demand continues to rise across multiple sectors, particularly in food and beverages as well as dietary supplements.

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