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# How to Use Ripe Bananas

### Recipe add-ins for now and later

Slice the banana in thirds. Place on a cookie sheet and place cookie in the freezer for 2+ hours.

Remove bananas and place frozen bananas in a plastic freezer bag or an air-tight container. Place plastic bag / container in the freezer for future use.

Use the frozen banana slices later in fruit n' veggie smoothies or in baking to reduce added sugar!



### Banana-sicles

Mash up banana. Stir in any add-ins like a small amount of milk, yogurt, and spices like nutmeg, cinnamon, or chili.

Divide banana mash and drop into ice cube trays. Lightly tap tray to settle the mash. Cover the tray with plastic wrap (optional: use long rubber band to stretch tight) or aluminum foil. Poke popsicles stick through the covering and into the center of each cube.

Freeze tray for 2+hours. Cubes can be eaten or used in smoothies or your favorite beverage.

Recipe Source: [ForkOverKnives.com](https://ForkOverKnives.com)



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