

The Best Way to Freeze Bananas

by BETH RIFKIN Last Updated: May 04, 2015



Bananas on a wooden table. Photo Credit valeriopardi/iStock/Getty Images

Bananas are high in potassium and fiber, and delicious in baked goods, cereal, smoothies -- or just as they are as a light snack. To get the best-tasting bananas, always pick those that are firm, free of brown spots or bruises and yellow in color. If you've purchased too many to consume before they go bad, bananas freeze very well, allowing you to store and use them for up to four months. Use one frozen banana at a time for a treat

like a smoothie, or use a whole bag of frozen bananas when making banana bread or muffins.

Step 1

Remove the peels from your bananas. Peeled frozen bananas can last up to four months, while those frozen with the peel last only two months. If you freeze with the peel, the peel will turn black, but the banana will stay preserved.

Step 2

Place your bananas into a zipper freezer bag. Push as much air as you can out of the bag before sealing it shut.

Before bagging the banana, "decorate" it with your favorite topping and let it freeze overnight. It will taste like banana ice cream the next day.

Some topping suggestions: coconut, sprinkles, nuts, granola