

# How to Make Banana Spread

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Banana spread is an easy way to add sugar-free sweetness to a sandwich or cracker. It can also be used as a cake filler, cake topping and dessert filling.

## Things You'll Need

- ☐ Fork for mashing
- ☐ Bowl
- ☐ Blender or food processor
- ☐ Citrus juicing tool (optional)

## Ingredients

### ■ Plain Banana Spread

- ☐ 1 banana, as ripe as possible
- ☐ Lemon juice, freshly squeezed
- ☐ Cinnamon, ground

### ■ Peanut Butter Banana Spread

- ☐ 1 banana, ripe
- ☐ Peanut butter, sugar-free and freshly ground enough for a sandwich
- ☐ Raisins or sultanas

### ■ Avocado Banana Spread

- ☐ 1/2 cup banana, ripe
- ☐ 1/2 cup avocado, ripe
- ☐ 1 tablespoon lemon juice, freshly squeezed

## Method 1

### Method 1 of 3: Plain Banana Spread



**1** Mash the banana.



**2** Drizzle with lemon juice. Whisk through quickly.



**3** If you like cinnamon, sprinkle a little cinnamon on too.



- 4** **Serve.** This can be used in sandwiches, on crackers or as a cake filling or topping. For cake filling, it is usually best to use 2-3 bananas.
- If eating in a sandwich, add watercress, lettuce or alfalfa sprouts.

Method  
2

### Method 2 of 3: Peanut Butter Banana Spread



- 1** Mash the banana.



**2** Mix in the peanut butter.



**3** **Spread across bread.** Sprinkle raisins or sultanas over the top and eat as a sandwich. Alternatively use as a cake filling.



### Method 3 of 3: Avocado Banana Spread



**1** Peel the banana and cut into slices. Cut the avocado into chunks.



**2** Place the slices and chunks into the blender. Pour in the lemon juice.



**3 Blend or process until smooth.** It can be used now, or, if you're not using it for raw food purposes, do the following:

- Place the puree into a saucepan
- Bring to a boil, then turn down to low and simmer.
- Stir frequently. It's ready when it thickens to a consistency you like.
- Allow to cool before using.



**4 Use within 24 hours and store in the refrigerator if not using immediately.** As above, this can be used as a sandwich filler, cracker spread or used as a cake filling.



#### Tips

- The lemon juice helps to prevent the banana or avocado from browning.

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