



## Freezing Bananas

The most important part of making a great quality acai bowl is the consistency of your frozen products. Here are my secrets on how to peel and freeze your bananas as part of your daily side work and closing work:

### Steps:

1. Line a metal sheet pan with parchment paper.
2. Wearing gloves, peel fresh bananas onto the parchment lined metal sheet pan.
3. Tightly organize the bananas to fit as many as possible on each layer.
4. Make sure to cover each layer of bananas with parchment paper.
5. Recommend no more than 3 full rows/layers of bananas per tray to allow for adequate freezing.
6. Freeze overnight. Bananas should be rock hard the next day. If they are not, they are not getting enough air flow, try moving them to another place in the freezer or doing fewer layers.
7. Determine the appropriate par of how many “rows” of bananas your operation needs on a daily basis. Always have more than your par on hand. Whenever you dip down below your **par level** of frozen bananas, more need to be peeled and frozen. This is daily side work and closing work.

### Pro Tip:

*The PAR (periodic automatic replacement) level is the optimal amount of an item that you should have on hand at all times to make sure that you do not run out of it and also that you do not have too much of it either. Your par levels can be determined by using this formula:*  
*Inventory Par Level = (Amount of inventory used each week + safety stock) / Number of deliveries each week* If you need assistance, you can [book a consultation](#).

