

# Simple And Tasty Ways To Eat Banana For Nursing Mothers

Blend bananas with milk or other fresh fruits to make a refreshing smoothie.



Add sliced bananas to your colorful fruit salad bowl.



Top up your yogurt with sliced and chopped bananas.



Layer up the bread slices with peanut butter and sliced bananas.



Include chopped bananas in your pancake recipes.



Add chopped bananas as toppings to your favorite puddings and porridges.



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