

Start by peeling a ripe banana and placing it in a ziplock bag. You should start seeing a white, cloudy layer forming at the interface between the banana extract and the alcohol. Gently mash the banana inside the bag using your hands or a wooden stick. Add 1 teaspoon of table salt and 2 teaspoons of liquid dish soap to the mashed banana in the bag. Reseal the bag and mix the contents again by squeezing and shaking.