1. Downloads the GAPPS from goo.im/gapps
2. Make sure you select the correct Android Version
3. Unzip the contents
4. Copy the system folder to the location of the adb utility
5. Open a terminal and issue the following commands
   1. Adb devices (check to make sure an android device is connected)
   2. Adb root (start adb in root mode)
   3. Adb remount
   4. Adb push system /system
6. In Android under settings you should see the google applications now listed
7. Restart the system
8. You should see that android is being upgraded
9. Follow-up the onscreen prompts to finish setup
10. Run google services and applications

Alternatively, The system folder can be merged with the AOSP out folder and then rebuilt to create a RAMDisk with the updated applications.