

Bananas Foster Gone Bananas

This dessert gives you all the sweet flavor of the New Orleans classic with minimal added sugar thanks to using our banana ice cream as the base.

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Banana Ice Cream:

4 each Bananas, frozen, overripe
2 Tbsp Water (if needed)

For the Sauce:

¼ cup Pecans
1 Tbsp Butter
3 Tbsp Brown Sugar, lightly packed
½ each Orange, juiced
¼ tsp Cinnamon, ground
¼ tsp Nutmeg, ground
1 each Banana, sliced

CHEF'S NOTES

Bananas Foster was created in the early 1950s at Brennan's Restaurant and is typically served with a tableside presentation of the flambéed bananas in butter, brown sugar, and rum.

Our version still features the warmth of cinnamon and nutmeg but skips the fire to keep it home kitchen friendly. Pecans add a nutty crunch and a little extra fiber!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

For the Banana Ice Cream:

2. Remove the bananas from the freezer and allow them to sit at room temperature to soften, about 5-7 minutes. Cut or break the bananas into about 1-inch-wide chunks and add to a large pitcher blender.
3. Starting on low and gradually increasing the speed, blend until smooth and creamy, about 2-4 minutes. Turn off the blender and scrape down the sides as needed to blend to a creamy texture. If the mixture is too thick and will not completely mix, add water 1 Tbsp at a time until it's smooth.
4. Using a small scoop, portion the ice cream into 8 serving cups and place in the freezer until ready to serve.

For the Sauce & Serving:

5. In a medium nonstick sauté pan over low heat, add the pecans and toast until lightly browned and fragrant, about 2 - 3 minutes. Remove and set aside to cool slightly before chopping.
6. In the same pan, melt the butter over medium-low heat. Stir in the brown sugar, orange juice, cinnamon, and nutmeg until blended. Add sliced banana and chopped pecans, stirring gently.

Cook until bananas are glazed and slightly softened, about 2-3 minutes. Remove from heat and let cool.

7. Divide the sauce between the pre-portioned ice cream, and serve immediately.

Nutrition Facts	
8 servings per container	
Serving size ~ 1/4 cup ice cream with sauce (88g)	
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol <5mg	1%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 290mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

CONTAINS: MILK, PECAN

