



## BANANA FOSTER

DIFFICULTY

**1/5**

PREP TIME

**0'**

COOK TIME

**10'**

SERVES

**1-2**

### INGREDIENTS

**2 Bananas**  
**1/4 cup of butter**  
**1/2 cup of Organic sugar**

**2 tbsp of cinnamon**  
**1/2 cup of rum**

### PREPARATION

- First put the pan on the fire with the sugar, butter, and cinnamon to get the flavors to know each other.
- Then peel and cut the bananas in half lengthwise; for this recipe we want almost ripped bananas because those are the sweeter, but you can regulate the sweetness of the dish with the sugar if your bananas aren't ripe enough.
- Once the pan is hot and the sugar is completely dissolved, take the pan out of the fire, and add the bananas with the flat side down. Then, pour the rum in the pan.
- When you put the bananas in the fire again, be careful of the alcohol catching flames. After 1 or 2 minutes, or the flames completely gone, plate them with some ice cream and top with some almonds for texture.
- We use vanilla ice cream here, but you can exchange for your favorite flavor.



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