



Banana Foster a' la Quick 'n Easy

Strips of banana pancakes drizzled with brown sugar pecan sauce

Banana “Ribbon” Pancakes

2 medium ripe bananas, peeled
1 teaspoon rum extract
2 eggs, lightly beaten
1/4 cup self-rising flour
2 teaspoons ground flaxseeds

In a large mixing bowl, mash bananas. Add rum extract and eggs. Stir in flour and flaxseeds to form batter. Set aside.

Heat large nonstick skillet or griddle over medium high heat. Spoon about 1/4 cup batter onto skillet, cook for 2 minutes or until a few bubbles appear. Carefully turn pancakes over; cook 1 or 2 minutes or until bottoms are

lightly browned. Remove from pan; set aside to stay warm. Before serving cut into ribbon-like strips Yield: 6 pancakes

Brown Sugar Caramel Sauce

2/3 cup packed light brown sugar

1/4 cup water

1 cup heavy cream

2 teaspoons rum extract

2/3 cup toasted spicy pecan halves

In medium saucepan, combine brown sugar and water; cook over medium heat, stir constantly until sugar dissolves; cook until syrup turns a darker brown color; remove from heat; immediately add cream. The mixture will bubble; stir constantly to form a thick creamy caramel sauce. Stir in rum extract. Set aside to cool. Use or store covered in refrigerator. Warm in a microwave safe container at 50% power until it forms a sauce consistency. Before serving, stir in pecan halves.

Two Large Desserts

2 bananas, peeled, sliced

4 scoops vanilla ice cream

To assemble two desserts: Stack half of pancake strips and banana slices on two plates. Top each dessert with two scoops of ice cream; drizzle with brown sugar caramel sauce and pecan halves. Serve immediately. Yield: 2 large desserts

Note: If you want to serve smaller desserts, assemble on 4 places.

Cook's Note: This recipe was inspired by a chef on a Viking Cruise we took. We were served Kaiserschmarris, tossed cut-up sweet pancakes, and were so surprised to find out that the delicious dessert was so easy to make.

About the Recipe: This is a delightful recipe to serve since all the parts can be prepared ahead of time and then assembled in minutes. We love the banana pancakes since they are perfect to make with those over-ripe bananas. Ice cream, bananas, rum flavor, caramel sauce, and spicy pecans join together, honoring the classic Banana Foster dessert.