



## **Caramelized Banana Upside Down Cake with Frosty Banana “Ice Cream”**

*Bananas are a favorite fruit in Brazil*

3 Tablespoons water  
1/8 teaspoon lemon juice  
1 cup granulated sugar

**Equipment Needed:** Heavy bottom high sided saucepan; wood spoon or silicone spatula, digital instant read thermometer if desired; safety gloves

**Prepare Baking Pan:** Preheat oven to 350 degrees F. Spray 9-1/2-inch round or fluted baking pan with canola oil; line pan with parchment paper, including the sides; spray parchment coated pan again. Set aside.

## **Prepare Caramel Topping:**

**Melting Granulated Sugar:** Combine water, lemon juice, and sugar in heavy bottom saucepan. Cook over medium heat, stirring constantly with wooden spoon until sugar dissolves and mixture begins to simmer. Cook for approximately 15 minutes or longer without stirring. Holding pan handle, gently tilt pan off heat to distribute color evenly as sugar caramelizes if needed. Syrup should have a golden brown or light amber color. The temperature will be about 340 to 350 degrees F. It changes color quickly so watch carefully for the desired color. Do not let it turn dark brown or it will be bitter.

**Place Caramel in Baking Pan.** Pour caramel evenly over the base of the cake pan. Tilt the pan slightly to cover the bottom evenly. Set aside.  
**NOTE:** Be Careful! The melted sugar is very hot so make sure you use protective gloves when handling any of the metal pans. Set cake baking pan aside to cool.

## **Cake Ingredients:**

1-1/2 cups all-purpose flour  
1/2 Tablespoon baking powder  
1/2 teaspoon salt  
1/2 Tablespoon ground cinnamon  
1/2 cup unsalted butter, room temperature  
1/2 cup granulated sugar  
1/4 cup light brown sugar  
2 eggs  
1/2 cup low fat milk or unsweetened almond milk  
1/2 Tablespoon vanilla extract

**Top Caramel with:** 2 bananas, sliced 1/4 to 1/2 inch thick

**Garnish:** 1 large banana, peeled, sliced

**Serve with** prepared **Frosty Banana “Ice Cream”** (see recipe)

**Garnish:** Sweetened flaked coconut; decorative sprinkles as desired

**Combine Dry Ingredients:** In large bowl, whisk together flour, baking powder, salt, and cinnamon; set aside.

**Cream Cake Ingredients:** In mixing bowl, cream butter with granulated and brown sugar until light and fluffy. Add eggs one at a time; scrape down sides as needed.

**Prepare Cake Batter:** On slow speed, mix in half of dry ingredients; then milk and vanilla; then add the remainder of dry ingredients. Do not overmix. Place sliced bananas over the cooled caramel in the cake pan. Spoon cake batter evenly over banana layer.

**Bake Cake:** Bake in preheated 350 degrees F oven on lower rack for 30 to 25 minutes and tests done with toothpick test. Remove cake from oven; let stand for 5 to 10 minutes; loosen sides of parchment paper to help it release from pan; turn it out onto a serving platter. Any caramel that sticks to the paper liner can be spooned back over the warm cake. If you have a problem, see Cook's note:

**To Serve:** Place fresh banana slices in a circle in center of cake; place about a large scoop of Frosty Banana "Ice Cream" in center of circle; sprinkle with flaked coconut; top with sprinkles as desired. Serve cake in slices. Serves: 8 Serve additional ice cream on the side.

### **Frosty Banana "Ice Cream"**

2 peeled frozen ripe bananas, cut into chunks  
2 Tablespoons creamy peanut butter

Place frozen banana chunks and peanut butter in food processor; process until creamy and smooth. Serve immediately or place in freezer safe container; chill in freezer until soft and firm enough to scoop.

**Cook's Note:** If the caramel has started to harden too much, replace cake with the parchment paper down in the same cake pan; bake in the oven for about 8 to 10 minutes. Remove; cool about 5 minutes; turn cake upside down and slowly remove the parchment paper, spreading any soft loose caramel over the edges.

**About the Recipe:** It's all about bananas, bananas, and more bananas for this recipe. It's no surprise to find them in Brazilian desserts. Did you know that Brazil is one of the world's leading banana-producing countries? There are many different varieties and they prefer a smaller one called apple bananas. This cake uses bananas, baked, fresh, and frozen. If you make this cake, consider yourself a real "Top Banana."