

Bananas Foster



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Recipe by: Laura Vitale

Serves 4

Prep Time: minutes

Cook Time: minutes

Ingredients

- __ 3 Bananas, peeled and quartered
- __ ¼ cup of Unsalted Butter
- __ ½ cup of Brown Sugar
- __ ½ tsp of Ground Cinnamon
- __ ½ tsp of Vanilla Extract
- __ 3 Tbsp of Rum
- __ Vanilla Ice Cream to serve

1) In a large skillet, cook together the butter, sugar and cinnamon over medium high until the sugar has dissolved. Add the bananas, and vanilla extract and cook them for a few minutes or until the bananas start to soften.

2) Add the rum and using a large lighter, flambé it and cook for a bout 30 seconds. Serve over vanilla ice cream.

