

Bananas Foster

Courtesy Ruben Caro

Ingredients:

Bananas - .38 phe/gm or 23 phe per ½ medium banana

Brown Sugar – free. Use ¼ cup

Butter – 6 phe per T. (use 8 T for recipe= 48 PHE but much cooks off)

Liquor de Banana (1/4 Cup) - Free

Rum (for flaming) – Free. Use 1 shot for flaming. All burns off.

Mocha Mix Vanilla Ice cream 50 phe per ½ cup

Peel and cut bananas lengthwise.

Sauté bananas in butter, brown sugar and Liquor de banana for 10 minutes

Pour shot of rum over bananas just before serving and flame

PHE = Using ¼ cup Mocha Mix Ice cream and ½ Banana per serving, assuming
1 T butter per serving = 54 PHE

Can also be made without liquor but it won't flame.