

Bananas Foster

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 4 ounces

Ingredients	Quantity	Measure
Vegan white cake (see recipe)	½	sheet
Bananas, sliced	6	each
Non-dairy margarine, divided	10	ounces
Brown sugar	1	pound
Soymilk	½	cup
Non-dairy whipped topping	2	cups

Preparation

1. Melt 8 ounces of margarine; add brown sugar cook until caramelized.
2. Add soymilk.
3. Brown bananas in 2 ounces of margarine, add to caramel sauce.

Serving Information

1. Place chunk of cake in 6 ounces shot glass
2. Spoon cooked bananas and sauce over cake.
3. Pipe whipped topping. Serve.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 439 Total Fat: 24g Saturated Fat: 6g Carbohydrate: 57g Protein: 3g Sodium: 502 mg
Vitamin A: 1% Vitamin C: 8% Calcium: 8% Iron: 6%

