



Another delicious recipe from
Tanya's Kitchen

Bananas Foster

ingredients

4 Ripe Bananas
1/2 stick of butter
1/3 cup packed light brown sugar
1/4 cup Appleton rum
Vanilla ice cream

directions

- Peel and cut bananas lengthwise and cut in half
- Melt 1/2 stick of butter in sauce pan
- Add 1/3 cup of packed light brown sugar to sauce pan and allow to melt
- Add bananas to melted ingredients in sauce pan and stir gently so as not to break the bananas
- Add 1/4 cup of Appleton rum
- Tilt the skillet away from you towards the flame until it flambé
- Once the rum cooks out, the flames will subside
- Spoon over vanilla ice cream
- You can find these ingredients, except for the Appleton rum, at all your Foster's Food Fair IGA stores