

# Bananas Foster

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY  
OF THE UNITED STATES

**YIELD: 48 oz.**

**12 (4 oz.) Servings**

Ingredients	Qty	Measure
Vegan white cake (see recipe)	½	Sheet
Bananas (sliced)	6	Each
Earth Balance (divided)	10	oz
Brown Sugar	1	lb.
Soy milk	½	cup
Riches Non-Dairy topping	2	cups

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Melt 8 oz. Earth Balance; add brown sugar cook until caramelized.
2. Add soy milk.
3. Brown bananas in 2 oz. Earth Balance, add to caramel sauce.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

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

## Nutrition Information \*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%