

# Bananas Foster

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12 (4 oz. each)

Ingredients	Quantity	Measure
Vegan White Cake (see recipe)	½	sheet
Bananas, sliced	6	each
Earth Balance, Non-Dairy Margarine, divided	10	oz.
Brown Sugar	1	lb.
Soy Milk	½	cup
Non-Dairy Whipped Topping	2	cups

## 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.

## Serving Suggestion

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%



# White Cake

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: ¼ sheet pan

Ingredients	Quantity	Measure
All-purpose Flour	2	cup
Baking Powder	1	tsp.
Baking Soda	½	tsp.
Salt	1	tsp.
Non-Dairy Milk	1	cup
Vegetable Oil	4	oz.
Sugar	1 ½	cup
Apple Sauce (sweetened)	½	cup
Vanilla	1	tsp.

## Preparation

1. In a large bowl combine flour, baking powder, baking soda, and salt. Set aside.
2. In a medium bowl combine non-dairy milk, vegetable oil, sugar, apple sauce, and vanilla. Whisk well.
3. Add liquid mixture to dry ingredients and beat for 3 minutes.
4. Spray ¼ sheet pan, bake in 350-degree convection oven for 20-25 minutes.

## Serving Suggestion

One (2 inch) piece. Top with 2 oz. fresh strawberries and 1 oz. non-dairy whipped cream or your favorite icing.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 363 Total Fat: 15g Saturated Fat: 1g Carbohydrate: 53g Protein: 5g Sodium: 365mg  
Vitamin A: 32µg Vitamin C: 0 Calcium: 128mg Iron: 2g Folic Acid: 98 µg

