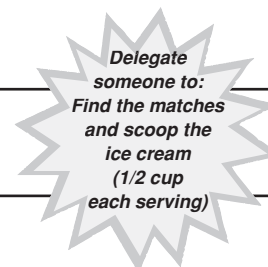


Flaming Bananas Foster

Hands-on - 15 min.

Serves 6 (petite)

I learned to make this when I was 15 years old, after dining at Brennans in New Orleans. It's my absolute favorite dessert for entertaining. Talk about fun, fast, tasty and impressive!



3 T light margarine
1/3 cup firmly packed brown sugar

Melt brown sugar and margarine in a medium nonstick sauté pan over medium heat.

3 bananas, peeled and diagonally sliced 1/4" thick
6 dashes ground cinnamon

Add bananas and cinnamon, and sauté until tender, stirring occasionally.
(Use this time to find your matches!)

1/3 cup white rum
3 T banana liqueur

With matches ready, pour separately over bananas, stand back and attempt to “touch” the liquid (particularly the rum which is most flammable) with your lit match. Be sure to yell, “Everybody now... OOPA!” as it lights. (The louder the OOPAs, the better it will taste!)

Continue to simmer dish over medium heat throughout flaming process (about 20 seconds).

3 cups fat-free vanilla ice cream or yogurt

Once flame goes out on its own, serve immediately over 1/2 cup single servings of ice cream.

Nutrition information for scant 1/2 cup of banana topping over 1/2 cup ice cream

Calories	257	Fat	1 g	Fiber	1.5 g	Sodium	108 mg	Total Carbohydrate	48 g
Calories from Fat	4%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	4 g	Sugars	26 g