



SAUNDERS' MALT EXTRACT

Preparation

5
MINS

Cook Time

10
MINS

Serves

2

Difficulty

EASY

CARAMELISED MALT BANANAS

Golden caramelised bananas, a rich malt sauce and creamy vanilla ice cream come together in this easy dessert that's ready in minutes.

INGREDIENTS

- 2 medium bananas, halved lengthways
- 1 tbsp butter
- 2 tbsp Saunders' Malt Extract, plus extra for drizzling
- 1–2 tbsp water
- 2 tbsp dark rum or bourbon (optional)
- Vanilla ice cream, to serve

Optional Toppings

- Chopped toasted walnuts or pecans
- Cinnamon
- Flaky sea salt
- Fresh mint

METHOD

- 1 Melt the butter in a frying pan over medium heat.
- 2 Add the sliced bananas and cook for 2–3 minutes until lightly golden on both sides.
- 3 Stir in the Saunders' Malt Extract and 1–2 tablespoons of water, gently turning the bananas to coat and create a smooth, glossy sauce.
- 4 If using, add the dark rum or bourbon now.
- 5 Continue to cook for a further 1–2 minutes, until the sauce has thickened slightly, and the alcohol has reduced (if using).
- 6 Divide the bananas between two dessert bowls and top with a generous scoop of vanilla ice cream.
- 7 Finish with an extra drizzle of Saunders' Malt Extract and your choice of optional toppings.

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