

Fried Banana Milkshakes

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Taste of Home Magazine - October/November 2020

Servings: 2

3 tablespoons unsalted butter
2 medium ripe bananas, sliced
2 tablespoons brown sugar
1/2 cup milk
4 scoops vanilla ice cream

In a skillet, melt the butter over medium heat. Heat until golden brown, 3 to 4 minutes, stirring constantly.

Add the bananas and brown sugar. Cook and stir until the bananas are tender, 3 to 4 minutes. Remove from the heat. Cool completely.

Using a slotted spoon, place the bananas in a blender. Reserve the butter mixture.

Add the milk and ice cream to the blender. Pulse until mixed.

Pour into glasses. Drizzle with the reserved butter mixture.

Per Serving (excluding unknown items): 489 Calories; 34g Fat (60.5% calories from fat); 7g Protein; 43g Carbohydrate; 0g Dietary Fiber; 113mg Cholesterol; 141mg Sodium. Exchanges: 0 Non-Fat Milk; 6 1/2 Fat; 2 1/2 Other Carbohydrates.