
Bananas Caramel

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 1/3 cups brown sugar, firmly packed

1/4 cup half-and-half

1/4 cup butter or margarine

1 1/2 teaspoons vanilla

6 bananas, sliced

cup sour cream

1/4 cup powdered sugar

In a saucepan, mix the brown sugar, half-and-half and butter. Cook over low heat, stirring constantly until the consistency of mayonnaise.

Remove from the heat and add the vanilla.

Arrange the sliced bananas in a serving dish. Pour the sauce over the bananas and cool.

Make the topping: In a bowl, combine the sour cream and powdered sugar. Stir well.

Spoon the topping over the banana mixture and chill before serving.

(This dish should be served the same day that it is prepared. Presents nicely when served in parfait glasses.)

Yield: 8 to 10 servings

Dessert

Per Serving (excluding unknown items): 1918 Calories; 49g Fat (22.0% calories from fat); 8g Protein; 385g Carbohydrate; 17g Dietary Fiber; 124mg Cholesterol; 551mg Sodium. Exchanges: 10 1/2 Fruit; 9 Fat; 14 1/2 Other Carbohydrates.