
Flaming Banana Crepes

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 12

12 dessert crepes

2 cups banana, chopped

1 tablespoon lemon juice

1/2 cup shredded coconut, toasted

1 teaspoon ground cinnamon

SAUCE

2 tablespoons butter

1 tablespoon light corn syrup

1 package creamy white frosting mix (for a single layer cake)

1 cup evaporated milk

1/4 cup rum

DESSERT CREPES

2 eggs, beaten

1/3 cup milk

1/3 cup water

3/4 cup flour

1 tablespoon butter, melted

2 tablespoons sugar

1 teaspoon vanilla

Toast the coconut in the oven until golden. Toss the banana with lemon juice to coat. Mix with 1/4 cup of coconut and cinnamon. Spoon the filling along the center of a crepe and roll up.

To make the sauce: Cook the butter in a saucepan until brown. Remove from the heat. Stir in the corn syrup and frosting mix. Slowly stir in the evaporated milk. Heat through, stirring constantly. Add the sauce to the crepes and sprinkle with the remaining coconut. Heat until bubbly.

Transfer to a warm serving dish. Warm the rum until just hot. Ignite and pour over the crepes.

Make the crepes: In a mixing bowl, add the milk and water to the beaten eggs. Gradually add the flour, stirring constantly with a fork until the mixture is smooth. Add the remaining ingredients and beat until smooth. The batter should have the consistency of fresh cream.

Pour a thin layer in a buttered skillet. Turn once. Brown lightly over medium heat on both sides (or cook on a crepe griddle).

Per Serving (excluding unknown items): 159 Calories; 6g Fat (34.1% calories from fat); 4g Protein; 21g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 69mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.