

## Monkey Butter: Easy Banana Pineapple Coconut Spread

Get ready to indulge in a truly tropical delight with this incredible



**TIME**  
**20-30 min**

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### INGREDIENTS

4 perfectly ripe bananas, no spots (or just a few)  
14 oz can of crushed pineapple, with juice  
2 cups white sugar  
3 tablespoons unsweetened grated coconut  
3 tablespoons bottled lemon juice

#### Swaps and Notes:

**Bananas:** Use ripe bananas, but avoid those that are overly brown and mushy (save those for banana bread!). "Perfectly ripe" here means yellow with perhaps a few small brown spots, as they offer the best balance of sweetness and firmness for slicing.

**Crushed Pineapple:** The juice from the can is essential for this recipe, so don't drain it!

**Sugar:** White sugar is standard, but you can experiment with light brown sugar for a slightly deeper, caramel-like flavor. Adjust to your sweetness preference.

**Unsweetened Grated Coconut:** Unsweetened is key to control the overall sweetness of the butter. You can use desiccated coconut or shredded coconut.

**Lemon Juice:** Bottled lemon juice is fine here, providing necessary acidity to balance the sweetness and act as a natural preservative. Fresh lemon juice can also be used.

**Optional Additions:** A pinch of cinnamon, nutmeg, or a tiny dash of vanilla extract could complement the flavors.

### DIRECTIONS

1. Let's get cooking this sweet, fruity, and absolutely delightful Monkey Butter!
2. Prepare : Bananas: Start by slicing those 4 perfectly ripe bananas into thin rounds. You want them nice and manageable, as they will break down during cooking.
3. Combine : All Ingredients in Pan: In a large nonstick pan or Dutch oven, toss in all the ingredients: the sliced bananas, the entire 14 oz can of crushed pineapple with its juice, the 2 cups of white sugar, 3 tablespoons of unsweetened grated coconut, and 3 tablespoons of bottled lemon juice.
4. Bring to a : Boil: Crank up the heat to medium-high and bring everything in the pan to a rolling boil. Make sure to stir often during this stage to prevent any sticking to the bottom of the pan and to ensure the sugar dissolves.
5. Simmer and : Thicken: Once it's bubbling away at a rolling boil, reduce the heat to low. Let the mixture simmer gently. Continue stirring frequently, using your spoon to help break down the banana slices, until the bananas have fully broken down and the entire mixture thickens slightly to a jam-like consistency. This may take 20-30 minutes or more, depending on your heat and the moisture content of your fruit. The mixture should coat the back of a spoon.
6. Serve : Warm: The fun part! Serve your Monkey Butter warm. It's absolutely divine spooned generously over ice cream, or spread on hot toast, pancakes, or waffles.
7. Store : Leftovers: Have leftovers? No problem! Once cooled, transfer the Monkey Butter to clean, airtight jars or containers. Store it in the refrigerator for 4

to 6 weeks (if it lasts that long!). Ensure the containers are sealed well.

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Adjust to your sweetness preference.

## TIPS FOR SUCCESS

**Use Ripe Bananas:** While "no spots" is listed, bananas that are just starting to show a few brown specks are ideal, as they are sweet but still firm enough to handle.

Very green bananas won't be sweet enough, and overly mushy ones can make the texture too watery.

**Stir Constantly When Boiling:** This prevents scorching, especially once the sugar dissolves.

**Low and Slow Simmer:** Once boiling, reduce to low and let it simmer.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/monkey-butter-easy-banana-pineapple-coconut-spread/>