

Luscious Banana Chocolate Dream Roll - A Decadent Chocolate Lover's Delight

If you love the combination of rich chocolate and creamy banana, this



OVEN
350°F

TIME
20 min

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INGREDIENTS

For the Chocolate Sponge Cake:

4 large eggs

$\frac{1}{2}$ cup granulated sugar

1 teaspoon vanilla extract

$\frac{3}{4}$ cup all-purpose flour

$\frac{1}{4}$ cup unsweetened cocoa powder

1 teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

For the Banana Cream Filling:

1 cup heavy whipping cream (or coconut cream for a dairy-free option)

2 tablespoons powdered sugar

$\frac{1}{2}$ teaspoon vanilla extract

2 ripe bananas, sliced

For the Chocolate Drizzle:

$\frac{1}{2}$ cup semi-sweet chocolate chips

2 tablespoons heavy cream or plant-based milk

How to Make the Banana Chocolate Dream Roll:

1. Prepare the Baking Pan:

2. Make the Chocolate Sponge Cake:

3. Bake the Cake:

4. Roll the Cake While Warm:

5. Prepare the Banana Cream Filling:

6. Assemble the Roll:

7. Make the Chocolate Drizzle:

8. Chill & Serve:

Pro Tips for a Perfect Chocolate Banana Roll:

Don't over-bake - Over-baking will make the cake too dry and prone to cracking.

Roll while warm - This is key to getting a perfect shape without cracks.

Use ripe bananas - They add natural sweetness and blend beautifully with the filling.

Chill before slicing - This helps the roll hold its shape and makes clean slices.

What to Serve With This Dessert:

A scoop of vanilla ice cream for an extra creamy bite.

A cup of espresso or cappuccino to complement the chocolate.

A dusting of powdered sugar or cocoa powder for a final elegant touch.

FAQs (From My Kitchen to Yours):

DIRECTIONS

1. Prepare the Baking Pan: I start by preheating my oven to 350°F (175°C) and lining a 10x15-inch jelly roll pan with parchment paper. A light spray of non-stick cooking spray ensures the cake releases easily later.
2. Make the Chocolate Sponge Cake: In a large bowl, I beat eggs, sugar, and vanilla extract with a hand mixer for 3-4 minutes until the mixture is pale and fluffy. This step is crucial because it helps create a light and airy texture.
3. Next, I sift together the flour, cocoa powder, baking powder, and salt into a separate bowl. Then, I gently fold the dry ingredients into the egg mixture, being careful not to deflate the batter. Over-mixing will make the cake dense, and we want it as light as possible!
4. Bake the Cake: I pour the batter into the prepared jelly roll pan, spreading it evenly to ensure a uniform bake. It only takes about 10-12 minutes to bake-just until the cake springs back when touched lightly.
5. Roll the Cake While Warm: As soon as the cake is out of the oven, I immediately turn it onto a clean kitchen towel dusted with powdered sugar. Carefully, I peel off the parchment paper and roll the cake with the towel inside starting from the short end. Rolling it while warm helps prevent cracks and makes it easier to shape later. I set it aside to cool completely.
6. Prepare the Banana Cream Filling: While the cake is cooling, I whip the heavy cream, powdered sugar, and vanilla extract until stiff peaks form. This gives the filling a light and fluffy texture. Once whipped, I slice the bananas and get ready to assemble.

7. Assemble the Roll: I gently unroll the cooled cake and spread an even layer of whipped cream over the surface, leaving about $\frac{1}{8}$ inch of space around the edges. Then, I arrange banana slices evenly across the filling.
8. Now comes the fun part-rolling it back up! I carefully re-roll the cake (without the towel this time), making sure it stays tight but not too tight so the filling doesn't spill out. Once rolled, I place it seam-side down on a serving platter.
9. Make the Chocolate Drizzle: In a microwave-safe bowl, I melt the chocolate chips and heavy cream in 30-second intervals, stirring in between, until smooth. Using a spoon or piping bag, I drizzle the melted chocolate over the cake, letting it cascade beautifully down the sides.
10. Chill & Serve: For the best texture and flavor, I let the roll chill for about 30 minutes before slicing. This allows the flavors to meld and makes slicing easier.
11. Then, I slice, serve, and enjoy every dreamy bite of this chocolate-banana masterpiece!
12. Pro Tips for a Perfect Chocolate Banana Roll: Don't over-bake - Over-baking will make the cake too dry and prone to cracking.
13. Roll while warm - This is key to getting a perfect shape without cracks.
14. Use ripe bananas - They add natural sweetness and blend beautifully with the filling.
15. Chill before slicing - This helps the roll hold its shape and makes clean slices.
16. What to Serve With This Dessert: This roll is delicious on its own, but here are a few ways to make it even more indulgent:
17. A scoop of vanilla ice cream for an extra creamy bite.
18. A cup of espresso or cappuccino to complement the chocolate.
19. A dusting of powdered sugar or cocoa powder for a final elegant touch.
20. FAQs (From My Kitchen to Yours): Q: Can I make this roll in advance?A: Absolutely! You can prepare it a day ahead and store it in the fridge until ready to serve.
21. Q: How do I store leftovers?A: Wrap the roll tightly in plastic wrap and store it in the fridge for up to 3 days. You can also freeze it for up to 2 months-just thaw before serving.
22. Q: My cake cracked while rolling! What do I do?A: No worries! A cracked cake can still taste amazing. Use extra chocolate drizzle or a dusting of powdered sugar to cover up any imperfections.
23. Q: Can I use a different filling?A: Yes! Try Nutella, peanut butter whipped cream, or even a chocolate mousse filling for a fun twist.
24. Why You'll Love This Banana Chocolate Dream Roll: This dessert is a true showstopper, combining the lightness of sponge cake with the richness of chocolate and bananas. It's easy to make, stunning to serve, and incredibly delicious. Whether you're making it for a

special occasion or just because, this roll will impress everyone at the table.

25. Give this recipe a try, and let me know how it turns out! If you put your own twist on it, I'd love to hear about your variations. Enjoy every dreamy bite!

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

Original recipe: <https://chefmaniac.com/luscious-banana-chocolate-dream-roll-a-decadent-chocolate-lovers-delight/>