

Quick Caramelized Bananas with Brown Sugar and Butter

Caramelized Bananas Recipe for an Easy Sweet Topping You'll Use Everywhere



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1 min

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INGREDIENTS

3 bananas, sliced into thick rounds or halved lengthwise
2 tablespoons unsalted butter
3 tablespoons brown sugar
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract
Pinch of salt
Optional Add-Ins:
1 tablespoon maple syrup
Chopped pecans or walnuts
Splash of orange juice
A tiny squeeze of lemon juice

DIRECTIONS

1. Peel the bananas and slice them into thick coins, or cut them in half lengthwise if you want a more dramatic presentation.
2. Heat a skillet over medium heat and add the butter.
3. Once the butter is melted, stir in the brown sugar, cinnamon, and a pinch of salt.
4. Let the sugar begin to dissolve and bubble gently for about 30 seconds to 1 minute.
5. Add the bananas to the skillet in a single layer.
6. Cook for 1 to 2 minutes on the first side, then gently flip and cook for another 1 to 2 minutes until golden and coated in the caramel mixture.
7. Stir in the vanilla extract right at the end.
8. Remove from the heat and serve immediately while warm and glossy.

SWAPS & NOTES

Use bananas that are ripe but not overly soft.

If they're too ripe, they may fall apart in the pan instead of caramelizing neatly.

Slightly firm ripe bananas give you the best texture.

Brown sugar adds that deep caramel flavor, but you can use a mix of brown sugar and maple syrup for a more nuanced sweetness.

TIPS FOR SUCCESS

Do not stir the bananas too aggressively once they're in the pan.

Gentle turning helps them keep their shape and gives you those beautiful golden edges.

If the bananas are very soft, even more care is needed.

Keep the heat at medium rather than high.

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