

BANANAS FOSTER BARS

Grain Free • Dairy Free • Delicious

This dessert delivers all we love about Bananas Foster: a duo of bananas and cream infused with a hint of rum and finished with a flourish of cinnamon. These bars are budget friendly, allergy-flexible alternative perfect for date night



Ingredients

- 1 cup cassava flour
- 1 teaspoon cream of tartar
- 1/2 teaspoon baking soda
- 1 teaspoon kosher salt
- 8 oz. pureed bananas (about one medium banana, pureed)
- 1/2 cup melted coconut oil
- 1 egg
- 1/2 cup light brown sugar
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon pure vanilla extract
- cinnamon sugar, for topping

RUM-FLAVORED VEGAN BUTTERCREAM

- 1 cup grain free powdered sugar
- 1/2 cup vegan buttery spread, at room temperature
- 1 teaspoon rum extract
- 1/8 teaspoon kosher salt
- 1 1/2 Tablespoons water

Notes

1. Use dairy butter instead of vegan buttery spread if desired.
2. For an egg-free version, replace eggs with additional 1/4 cup pureed bananas.
3. For a coconut-free version, replace coconut oil with your favorite neutral-tasting oil.

Method

1. Start by preheating the oven to 350 ° F. Then grease a 6 x 10 glass baking dish.
2. Next, whisk together the dry ingredients (cassava flour, cream of tartar, baking soda and kosher salt) in a small mixing bowl.
3. Next, puree the bananas in a separate mixing bowl. Then, add the coconut oil, egg, brown sugar, apple cider vinegar and vanilla extract. Whisk until the ingredients are well combined.
4. Add the dry ingredients into the wet ingredients; whisk until the batter is smooth and creamy. Pour the batter into the prepared baking dish.
5. Bake for 20 minutes, or until a toothpick inserted into the center of the pan comes out clean. (If using an 8 x 8 glass pan, bake an additional 5 minutes.) Cool completely.
6. While the bars are cooling, make the buttercream. Start by putting the vegan buttery spread in an electric kitchen mixer and blend on medium speed until smooth. Add the powdered sugar, rum extract and kosher salt. Whisk on low until just combined. Add 1 Tablespoon water; whisk until combined. Add additional 1/2 Tablespoon and whisk on high until light and fluffy.
7. When the bars are completely cool, spread the rum flavored buttercream on top, then sprinkle the top with cinnamon sugar.
8. Best served room temperature, but store in the refrigerator.

