



## *Sticky Banana Puddings with Caramel Sauce*

Preparation Time: 10 mins

Cooking Time: 20-25 mins

Serves: 6

Difficulty: Easy

### PUDDING INGREDIENTS

90 grams/6 tblspns butter  
¾ cup caster/fine sugar  
1 egg beaten  
1 tspn baking powder  
1 1/3 cup plain flour  
1 small ripe banana mashed  
250ml boiling water  
1 tspn bicarbonate soda  
1 tspn vanilla essence  
1 tspn ground cinnamon

### CARAMEL SAUCE INGREDIENTS

1 ¼ cups brown sugar  
125 grams butter  
150ml thickened (heavy) cream

### RECIPE VARIATION

Great variation is Pear and Cardamom – switch out for banana and cinnamon

### PUDDING DIRECTIONS

1. Using electric mixer, beat butter and sugar until light & creamy.
2. Beat in egg
3. Fold through sifted flour & baking powder
4. Combine banana, water, bicarb soda, vanilla & cinnamon in a small bowl.
5. Fold this mixture into other bowl, mix well.
6. Grease ramekin cups (does 4-8 cups depending on size)
7. Bake at 180c/350f for 20-25mins or until firm to touch.

### CARAMEL SAUCE DIRECTIONS

Place all caramel ingredients in saucepan, stir over low heat until sauce is smooth & glossy.

Drizzle pudding with caramel sauce and serve with custard or ice cream.