

SUGAR LOCO

RECIPES, SWEETS / JULY 1, 2015

BANANA SPLIT FONDUE!



Yes, you heard it right. Fondue has gone sweet, and with this recipe from [The Melting Pot](#), you can make your own tasty treat at [home](#)! Check out the recipe below.

Banana Split Chocolate Fondue

- 4 oz Milk Chocolate
- ¼ cup heavy cream
- 2 oz Fresh Banana Puree (*see the recipe below!*)
- 8 slices of Bananas
- Whipped Topping of choice
- 1 teaspoon pecans & cashews, chopped
- 1 each Maraschino Cherry

Instructions

Combine the chocolate and the cream in the top of a double boiler set over simmering water.

Heat until the chocolate is melted, stirring constantly; or combine the chocolate and the cream in a microwave-safe bowl until melted, stirring every 30-45 seconds. Be careful not to let the chocolate burn.

Pour into a warm fondue pot. Pour in banana puree and stir with long spoon or mixing spoon.

Add the sliced bananas to the chocolate mixture, placing them around the center of the chocolate to create a "raft". Do not stir. Top the banana slice "raft" with the whipped topping.

Lastly, add the pecans and cashews, then place the Maraschino cherry on top of the whipped topping.

How to Puree Bananas

Tips

- Choose bananas with a mostly yellow peel with slight bits of pale green at the tips; these are ready to eat, but will also hold up for up to 2 weeks. Bananas with a mostly or entirely green peel aren't yet ripe; those with mostly browned peels are overripe.
- Select bananas free of dark brown spots or bruises. They should feel fairly firm, not mushy.
- Bananas are nutritious and naturally free of saturated fat, cholesterol and sodium.

Things You'll Need

- Knife
- Cutting board
- Food processor or other pureeing tool
- Water, milk

Step 1

Peel the bananas in a downward motion, starting from the stem end of the fruit. Alternatively, peel your banana like a monkey: Simply pinch the bottom end of the banana, and the peel comes off easily. Remove the peel in four or five segments and discard it. Pull any stringy pieces off the flesh.

Step 2

Cut off both tips of the banana with a knife, as well as any browned or discolored spots. Lay the banana on a cutting board and slice it perpendicularly into approximately 1/2-inch thick medallions. Cut each circular piece into quarters.

Step 3

Put the banana pieces into your food [processor](#) and blend on the “puree” setting until the banana is smooth. If you don’t have a food processor, use a blender. Or, simply mash the soft fruit in a bowl with a potato masher, cooking spoon, fork or other suitable kitchen implement.

Step 4

Add a few drops of water, milk or [soy](#) milk to the food processor, blender or bowl per every one banana if you want your puree to have a thinner consistency. Puree, blend or mash a little more. Continue to add liquid in small amounts as needed to achieve the desired consistency (similar to thin mashed potatoes works well).