



Read Message In-Box

RELATED: [Dictionary](#)
[Thesaurus](#)

Date: Wed, 14 Oct 1998 10:48:54 +0000
 Reply-To: lhjkitchen@LHJ.COM
 From: LHJ Kitchen <lhjkitchen@LHJ.COM> [Save Address](#) [Block Sender](#)
 Subject: Hot Banana Sundaes From LHJ
 To: LHJRECIPE@MEDIA.TEAMNET.NET

HOT BANANA SUNDAES FROM LHJ ONLINE <http://www.lhj.com>
 The banana caramel topping takes just minutes under the broiler.

Prep time: 10 minutes
 Broiling time: 5 to 6 minutes
 Degree of difficulty: Easy

1/3 cup chopped pecans
 1/3 cup shredded coconut
 2 tablespoons brown sugar
 1 tablespoon melted butter or margarine
 1 teaspoon fresh lemon juice
 3 ripe bananas, cut diagonally into 1-inch chunks
 1 pint vanilla ice cream

1. Heat broiler.
2. Combine pecans and coconut in a 9-inch square baking pan. Broil 4 inches from heat 1 to 2 minutes, stirring every 30 seconds, until coconut is toasted. Transfer to plate and set aside.
3. Combine brown sugar, melted butter and fresh lemon juice in cup. Stir until smooth. Add to baking pan with bananas, tossing to coat. Broil 4 minutes, until bananas are browned and sauce is caramelized.
4. Spoon banana mixture evenly into 4 serving dishes. Top each with 2 scoops vanilla ice cream. Sprinkle with reserved pecans and coconut. Makes 4 servings.

PER SERVING WITH ICE CREAM
 Calories 350
 Total Fat 18.5 g
 Saturated Fat 8.5 g
 Cholesterol 37 mg
 Sodium 101 mg
 Carbohydrates 47 g
 Protein 4 g
 Calcium 100 g
 Fiber 2 g

DAILY GOAL
 Calories 2,000 (F), 2,500 (M)
 Total Fat 60 g or less (F), 70 g or less (M)
 Cholesterol 300 mg or less
 Saturated Fat 20 g or less (F), 23 g or less (M)
 Sodium 2,400 mg or less