



Makes 8 banana halves + 1 cup cream
Preparation Time: 15 minutes
Cook Time: 5 minutes

INGREDIENTS:

2 tablespoons pure maple syrup

½ teaspoon pure vanilla extract

¼ teaspoon ground cinnamon

4 bananas, peeled and halved lengthwise

[1 recipe Aquafaba Whipped Cream](#)

Healthy Vegan Bananas Foster

Who doesn't love sweet, cinnamon-dusted bananas that are gooey on the inside and deliciously crisp on the outside? Our healthy bananas foster recipe skips the butter and rum, and replaces the traditional [vanilla ice cream](#) with aquafaba whipped cream for a lighter, but still decadent-tasting, version of the classic treat. Double-basting the fruit in maple syrup is key to getting bright, glossy, caramelized bananas and an absolutely scrumptious dessert. Be sure to keep a watchful eye on the bananas as they broil, since it's easy for them to get scorched if left unattended. Feeling extra fancy? Sprinkle your serving with chopped nuts or a few vegan chocolate chips to take things to the next level of yum.

For more vegan banana dessert recipes, check out these tasty ideas:

- [Southern-Style Banana Pudding Parfaits](#)
- [Berry and Banana Cupcakes with Vanilla Frosting](#)
- [Frozen Banana Treat with Chocolate \(Better Than Ice Cream!\)](#)
- Or check out our roundup of favorite [banana recipes](#)

By Mary Margaret Chappell

- 1** Preheat broiler. In a small bowl whisk together maple syrup, vanilla, and cinnamon. Using a pastry brush, brush a thin layer of the syrup mixture over the bottom of a broiler-safe shallow baking dish or 10-inch broiler-safe skillet.
- 2** Place banana halves, cut sides up, in the baking dish. Brush bananas with half of the remaining syrup mixture. Broil bananas 4 to 5 inches from heat about 5 minutes or until they begin to soften and darken. Brush with the remaining syrup mixture and sprinkle with additional cinnamon. Broil 3 minutes more or until bananas look caramelized. Serve hot with [Aquafaba Whipped Cream](#). If you like, sprinkle cream with additional cinnamon.