



# Caramelized Banana Christmas Delight

## A Sweet Little Secret

I want to share a sweet little secret with you. It is about bananas. When you heat them with sugar, magic happens. They become warm, gooey, and taste like candy. It is the easiest fancy dessert I know.

My grandson calls them “banana boats.” He loves them. I still laugh at that. This treat feels special but is so simple. Have you ever cooked fruit to make it sweeter?

## My First Caramelized Banana

I first made this years ago. I had very ripe bananas. I did not want to

make bread. So I tried something new. I sprinkled sugar on them and put them under the broiler.

I watched them through the oven door. The sugar bubbled and turned gold. Doesn't that smell amazing? It filled my kitchen with a warm, toasty scent. That is when I knew I had found a new favorite.

## Why This Simple Trick Works

This matters because it teaches you about heat. Heat pulls out the banana's own sweetness. Then the sugar melts into a thin, crispy coat. You get two kinds of sweet in one bite.

*Fun fact: The brown spots on ripe bananas mean they are sweeter. They have more natural sugar!* That is why ripe ones are best for this. What is your favorite way to eat bananas?

## Making Your Banana Boats

Use firm, ripe bananas. Slice them right in their skins. It keeps them sturdy. Sprinkle the sugar evenly. This gives every bite a little crunch.

Watch them closely under the broiler. They go from perfect to burnt fast. I always stay by the oven. The wait is worth it. You will see.

## The Joy of Sharing Food

This matters more than just taste. Sharing warm food makes people happy. It says, "I made this for you." Serve these bananas right in their peels. It is fun and easy.

Add a scoop of cold ice cream. The hot and cold mix is wonderful. Chopped pistachios add a nice green crunch. Would you try it with ice

cream or nuts?

## Your Turn in the Kitchen

Now it is your turn. This recipe is hard to mess up. It is perfect for a first try at broiling. You will feel so proud when you pull that tray out.

What other fruits would you like to caramelize? I think pears or peaches would be lovely. Tell me if you give it a try. I would love to hear your story.

See also Rosemary Citrus Noel Fizz

## Ingredients:

Ingredient	Amount	Notes
Ripe firm bananas	4	Sliced in half lengthwise
Granulated sugar	8 teaspoons	1 teaspoon per banana half
Vanilla ice cream	For serving (optional)	
Chopped pistachios	For garnish (optional)	



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Hello, my dear. Come sit at the table. Let's make some magic. This recipe always reminds me of my grandson. He called it "Christmas in a bowl." The warm bananas smell like sweet, happy evenings. We make it all year round now. Doesn't that smell amazing?

It is so wonderfully simple. You only need a few things. Ripe bananas are the best. Their natural sugar makes the best caramel. I still laugh at that first time. I used green bananas. What a silly mistake that was!

## Instructions

**Step 1:** First, move your oven rack up high. You want it about six inches from the top. Turn your broiler on to get it hot. Now, line a baking sheet with foil. This makes cleanup a dream later. (Trust me, scrubbing burnt sugar is no fun.)

**Step 2:** Hold a banana steady on your cutting board. Slice it right down the middle, lengthwise. Cut through the peel and all. Gently open the two halves. They will look like little yellow boats. **Can you guess why we leave the peel on? Share below!**

**Step 3:** Place your banana boats on the sheet. Let the cut side face up. Now, sprinkle a teaspoon of sugar on each one. Try to cover the banana evenly. This sugar will melt into a gorgeous, shiny coat.

**Step 4:** Carefully slide the pan into the oven. Watch it closely through the window. The sugar will bubble and turn golden. This takes about five to seven minutes. Rotate the pan once for even color. Pull them out the moment they look perfect.

**Step 5:** Let the bananas cool for just a minute. They will be very hot. Then, serve them right in their peels. A scoop of vanilla ice cream is lovely. A sprinkle of chopped pistachios adds a nice crunch.

## Creative Twists

- **Add a sprinkle of cinnamon.** Mix it right in with the sugar. It smells like a cozy holiday morning.
- **Drizzle with a little honey.** Do this after broiling for extra sweetness. It's so good.
- **Use brown sugar instead.** It gives a deeper, richer caramel flavor. My neighbor taught me that.

See also Caramel Cocoa Cloud Christmas Delights

Which one would you try first? Comment below!

## Serving & Pairing Ideas

Serve these bananas warm. They are perfect in a little bowl. A dollop of whipped cream is heavenly. For a festive touch, add a mint leaf. It looks so pretty on the table. For a drink, grown-ups might like a sweet sherry. It sips nicely with the warm caramel. For everyone else, a cold glass of milk is classic. Or try warm apple cider. Which would you choose tonight?



## Caramelized Banana Christmas Delight

### Storing Your Sweet Treat

This dessert is best served fresh and warm. But life gets busy, I know. You can make the bananas ahead. Let them cool completely first. Then place them in a single layer in a container. They will keep in the fridge for one day.

I do not recommend freezing them. The texture becomes too soft and watery. Reheating is simple. Use your toaster oven or regular oven. Warm them at 350°F for just a few minutes. This brings back that lovely caramel taste.

My first time, I piled them warm into a bowl. The next day, they were a sticky mess! Now I always let them cool separately. Storing food well saves your time and money. It means less waste and more sweet moments later. **Have you ever tried storing it this way? Share below!**

### Simple Fixes for Common Hiccups

Sometimes the sugar burns before the banana softens. Your broiler might be too strong. Try moving the rack one notch lower. I remember when I set off the smoke alarm! The bananas were too black to eat.

If the bananas are mushy, they were too ripe. Use firm, just-ripe yellow bananas. They hold their shape under the heat. If the caramel is not bubbling, check your broiler. Make sure it is fully preheated before you start.

Fixing these small issues builds your cooking confidence. You learn how your own oven behaves. Getting that perfect golden sugar also means

the best flavor. It turns simple fruit into something magical. **Which of these problems have you run into before?**

## Your Quick Questions, Answered

**Q: Is this recipe gluten-free?**

A: Yes, it is naturally gluten-free. Just check your ice cream label if using.

See also Spicy Tuna Holiday Salad

**Q: Can I make it ahead?**

A: You can prep the bananas on the sheet. Wait to broil them until just before serving.

**Q: What can I use instead of pistachios?**

A: Try chopped walnuts or pecans. A sprinkle of cinnamon works nicely too.

**Q: Can I double the recipe?**

A: Absolutely! Use two baking sheets. Switch their positions in the oven halfway through.

**Q: Are the toppings needed?**

A: No, they are optional. The bananas are wonderful all on their own.

\*Fun fact: The heat makes the bananas taste sweeter, all on its own!\*

**Which tip will you try first?**

## From My Kitchen to Yours

I hope you enjoy making this simple delight. It always reminds me of cozy winter evenings. The smell of caramelizing sugar is pure happiness. I love hearing your stories and seeing your creations.

Please tell me all about your kitchen adventures. Your comments make my day. **Have you tried this recipe?** Let me know how it turned out for you. Happy cooking!

—Elowen Thorn.



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# **Caramelized Banana Christmas Delight**

Author: Elowen Thorn



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Cooking Method: [Broiler](#)



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## Caramelized Banana Christmas Delight | 17

Difficulty: **Beginner**



## Caramelized Banana Christmas Delight | 18

Prep time: **10 minutes**



## Caramelized Banana Christmas Delight | 19

Cook time: **7 minutes**



## Caramelized Banana Christmas Delight | 20

Rest time:



## Caramelized Banana Christmas Delight | 21

Total time: **17 minutes**



## Caramelized Banana Christmas Delight | 22

Servings: **4 servings**



## Caramelized Banana Christmas Delight | 23

Calories: **135 kcal**

Best Season: **Summer**

## **Description**

Easy Caramelized Bananas

## Ingredients

- ☐ 4 ripe firm bananas
- ☐ 8 teaspoons granulated sugar
- ☐ Vanilla ice cream (optional)
- ☐ Chopped pistachios (optional)

## Instructions

1. Prepare the Broiler and Baking Sheet: Position the oven rack approximately 6 inches from the broiler. Preheat the broiler. Line a baking sheet with aluminum foil to prevent sticking and ease cleanup.
2. Slice the Bananas: Working one banana at a time, hold it steady and carefully slice it in half lengthwise through the peel and flesh. You should obtain two long halves per banana. Gently separate each half from its peel.
3. Arrange and Sweeten: Place the banana halves cut-side up on the prepared baking sheet, leaving space between each piece. Sprinkle 1 teaspoon of granulated sugar evenly over each half.
4. Broil the Bananas: Transfer the baking sheet to the oven. Broil for 5 to 7 minutes, or until the sugar bubbles and turns golden. Rotate the baking sheet once or twice if necessary to ensure even caramelization. Remove immediately once caramelized.
5. Cool and Serve: Allow the bananas to cool briefly. Serve warm in their peels, with optional vanilla ice cream or chopped pistachios.

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