

Coconut Bananas Foster Coffee Popsicles

PREP TIME: 15 minutes + 4-6 hour chill time

TOTAL TIME: 15 minutes + 4-6 hours chill time

Servings: 6 popsicles



Ingredients

Popsicles

2 very ripe bananas

1 Tbsp salted butter

1 1/2 tsp pure maple syrup

Sprinkle of cinnamon

1/4 cup dark rum

1 1/4 cup canned full fat coconut milk

Coffee Simple Syrup

4 Tbsp strong brewed coffee

4 Tbsp cane sugar

In a medium sauté pan set to medium/low heat melt the butter then mix in the maple syrup and cinnamon and stir to combine. Peel and cut the bananas in half lengthwise and place flat side down in the pan with the melted butter mixture. Cook bananas for 2-3 minutes on each side then add the dark rum to the pan. Use a match to carefully light the fumes of the alcohol at the edge of the pan, not the liquor itself, to flambé. Be prepared for a whoosh and a bright flame to appear in the pan. If you do not see a flame, this could be due to the food/pan not being hot enough but don't worry! Instead allow the mixture to simmer for 2-3 more minutes until the alcohol (and most of the liquid) evaporates off. Remove the pan from heat and allow bananas to cool slightly before adding to a blender. Pour any remaining liquid and scrape any caramelized pieces from the bottom of the pan into the blender. Add coconut milk and puree on high speed for 1-2 minutes.

To make the coffee simple syrup, add brewed coffee and cane sugar to a small sauce pan over medium heat. Stir continuously until the mixture is simmering and the sugar has dissolved. Continue stirring until the mixture thickens (about 2-3 minutes) and will stick to the back of a spoon. Remove pan from heat.

Next pour banana coconut puree into popsicle molds to halfway full. Spoon one teaspoon of coffee simple syrup into each popsicle mold and swirl with a long, thin utensil (we used a skewer) to incorporate the coffee simple syrup throughout the banana coconut puree. Fill popsicle molds the rest of the way with the banana coconut puree and again add one teaspoon of coffee simple syrup to each pop and swirl to combine.

Insert popsicle sticks and allow popsicles to freeze for at least 4-6 hours. Run popsicle molds under warm water for 30-60 seconds to remove popsicles from molds.

Courtesy of The Green Blossom Kitchen