## Boozy Baked Spiced Bananas



## Ingredients

2 oz. unsalted butter

juice from ½ orange

½ cup light brown sugar

1 tbsp. all purpose flour

pinch kosher salt

<sup>1</sup>/<sub>4</sub> tsp. vanilla extract

1 tsp. ground cinnamon

½ tsp. ground nutmeg

<sup>1</sup>/<sub>4</sub> tsp. ground cardamom or ground cloves

1 cup St. Augustine Distillery Rum

1-hand baby bananas (manzilla, or apple species), approximately 12 that are ripe (little brown spots)

for serving

Vanilla Ice cream

Cake

Toasted nuts, if desired

Sliced fresh berries

Sweetened whipped cream

## Procedure

- 1. In a small bowl, melt butter, orange juice, sugar, flour, and all the spices. Add flour. Mix well until no lumps. Mix in rum.
- 2. At the last minute, peel bananas, and lay out in a 8x8 or similar baking dish. Pour rum mixture over bananas.
- 3. Place in a 350°F oven until the bananas are soft, and the syrup is bubbly. The bananas may darken when baking, that is normal.
- 4. Serve as desired over ice cream, and/ or cake, and top with berries, whipped cream, and nuts if desired.
- © 2016 Jennifer M. Denlinger www.FloridaChef.net