

Less than 1 hour

Serves 8-10

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Ingredients:

- 4 cups (600g) cake flour
- 2 tsp (10ml) baking powder
- 1 tsp (5ml) bicarbonate of soda
- ½ cup (100g) brown sugar
- 1 tsp (5ml) cinnamon
- Pinch salt
- 6 ripe bananas + 3 extra for topping
- 4 eggs
- 1 cup (250ml) milk
- 2 tsp (10ml) vanilla essence
- ½ cup (125g) melted unsalted butter
- Vanilla ice-cream, for serving (optional)

Syrup:

- ½ cup (300g) brown sugar
- 2 cups (500ml) boiling water
- ½ cup (125g) butter

Caramel sauce:

- 1 can (360g) Caramel Treat
- ½ cup (125ml) milk
- Pinch salt

Method:

1. Preheat oven to 180°C.

2. Grease a 28cm x 20cm ovenproof dish with butter or cooking spray.
3. Combine dry ingredients and set aside
4. Mash 6 bananas in a bowl and add the remaining ingredients.
5. Mix wet ingredients into dry ingredients to form a smooth batter.
6. Pour into the prepared dish and spread out evenly.
7. Cut the extra bananas lengthwise and arrange on top of batter.
8. Mix together syrup ingredients until sugar is dissolved, and pour over batter.
9. Bake for 30-40 minutes until golden-brown and syrup is bubbling.
10. Combine the sauce ingredients in a pot over medium heat, mixing until smooth.
11. Serve pudding warm with sauce for drizzling, and ice cream if you like.

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