

Banana Creme Brulee

Makes 6

Ingredients:

- 1 ½ cups milk
- ¾ cup sliced ripe banana
- 2 tablespoons sugar
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 large eggs
- 2 large egg whites
- Cooking spray
- 1 tablespoon sugar

Directions:

1. Preheat oven to 300°.
2. Combine the first 6 ingredients in a blender, and process the mixture until smooth (about 2 minutes). Add the eggs and egg whites to blender, and process just until smooth.
3. Divide the mixture evenly among 6 (6-ounce) ramekins or custard cups coated with cooking spray. Place ramekins in a 13 x 9-inch baking pan; add hot water to pan to a depth of 1 inch. Bake at 300° for 55 minutes or until a knife inserted in center comes out clean. Remove ramekins from pan, and sprinkle each serving with ½ teaspoon sugar.
4. Preheat broiler. Place the ramekins on a jelly-roll pan, and broil the custards for 3 minutes or until the sugar melts.

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