

Bananas Foster Belgian Waffles



As a special treat for my mother, I created this recipe, which includes one of her favorite desserts and one of her favorite breakfasts. It goes great with French toast, so make this as a special treat to your mom or any mom. Also a nice way to impress anyone who loves bananas as much as my mom did.



By prell2k4

Prep: 25 mins

Servings: 4

Cook: 15 mins

Yield: 4 waffles

Total: 40 mins



Ingredients

- | | |
|--|---|
| <input type="checkbox"/> 1 1/3 cups all-purpose flour | <input type="checkbox"/> 2/3 cup brown sugar |
| <input type="checkbox"/> 3/4 teaspoon baking soda | <input type="checkbox"/> 2 teaspoons rum flavored extract |
| <input type="checkbox"/> 2 teaspoons white sugar | <input type="checkbox"/> 2 teaspoons vanilla extract |
| <input type="checkbox"/> 1/4 teaspoon salt | <input type="checkbox"/> 1/2 teaspoon ground cinnamon |
| <input type="checkbox"/> 3 eggs | <input type="checkbox"/> 1/4 cup whole pecans |
| <input type="checkbox"/> 1 1/2 teaspoons vanilla extract | <input type="checkbox"/> 1/2 cup pancake syrup (i.e. Mrs. Butterworth's®) |
| <input type="checkbox"/> 1 1/3 cups milk | <input type="checkbox"/> 3 bananas, cut into 1/2 inch slices |
| <input type="checkbox"/> 1/3 cup melted butter | <input type="checkbox"/> 1 cup heavy cream |
| <input type="checkbox"/> 2 teaspoons baking powder | <input type="checkbox"/> 1/4 teaspoon vanilla extract |
| <input type="checkbox"/> 1/4 cup butter | <input type="checkbox"/> 1 tablespoon confectioners' sugar |



Directions

Preheat a Belgium waffle iron. Whisk together the flour, baking soda, baking powder, white sugar, and salt in a bowl; set aside.

Whisk together the eggs, 1 1/2 teaspoons vanilla extract, and milk in a bowl. Stir in the melted butter and flour mixture until a slightly lumpy batter forms. Cook the waffles in the preheated iron until steam stops coming out of the seam, about 2 minutes.

Meanwhile, melt 1/4 cup of butter in a saucepan over medium heat. Stir in the brown sugar, rum extract, 2 teaspoons vanilla extract, and cinnamon. Bring to a simmer, stir in the pecans and continue simmering for 1 minute. Stir in the pancake syrup and bananas, continue cooking until the bananas soften, about 4 minutes.

Beat the heavy cream, 1/4 teaspoon of vanilla and confectioners' sugar with an electric mixer in a medium bowl until firm peaks form.

Once waffles are done, spoon bananas Foster sauce over waffle and top with a dollop of whip cream.



Nutrition Facts

Per Serving: 1096 calories; protein 14.9g; carbohydrates 127.5g; fat 60.3g; cholesterol 298.7mg; sodium 960.8mg.

[Full Nutrition](#)

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