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Bananas Foster Parfaits

When making this recipe for adults, substitute an equal amount of gold rum for the apple juice.

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Yield: Serves 4 (serving size: 1 parfait)



Ingredients

2 large ripe bananas	1/4 teaspoon salt
6 tablespoons dark brown sugar	2 cups plain 2% reduced-fat Greek yogurt
2 tablespoons unsweetened apple juice	1/4 cup chopped pecans, toasted
1 tablespoon unsalted butter	

Preparation

1. Peel bananas, and cut each banana in half lengthwise. Cut each half into 3 pieces.
2. Combine sugar and next 3 ingredients in a nonstick skillet. Cook over medium-low heat 3 minutes or until sugar mixture begins to bubble. Add bananas to pan; cook 2 minutes or until bananas begin to soften.
3. Spoon 1/2 cup yogurt into the bottom of each of 4 parfait glasses. Divide banana mixture evenly among glasses. Top each serving with 1 tablespoon pecans.

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