Golden Pancakes with Caramelised Bananas and Honeycomb Caramel

EASY • 25 MINS

Wake up to the taste of warm pancakes drizzled with creamy honey sauce and honey caramelised bananas. An indulgent weekend favourite that is quick and easy!



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	15 mins	2

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

- 6 Golden Pancakes
- 2 bananas, peeled lengthways
- 40g butter
- 1 tbsp brown sugar
- 2 tbsp Capilano Pure Honey
- ⅓ cup thickened cream
- 1 tsp vanilla bean paste
- Vanilla Ice Cream, to serve
- Honeycomb candy, to serve

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

1. Place brown sugar on a plate and place flat side of banana slices on sugar to coat.

2. Heat butter in a small frypan until golden. Place bananas flat side down and cook until golden and caramelised, approx. 1-2 minutes. Gently flip over to cook opposite side, being caramel not to overcook as they will turn mushy. Transfer to a plate.

3. Over low heat in the same frypan add honey, vanilla and remaining brown sugar from the plate, mix to combine then slowly whisk in cream. Bring caramel to a simmer and allow to thicken until golden, being careful not to burn.

4. To serve, gently warm Golden Pancakes in microwave or oven according to packet instructions.

5. Divide pancakes and bananas between two plates and top with caramel sauce, ice cream and honeycomb to serve. Yum!

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