

Happy New Year Banana Dulce de Leche Pancakes + Vegan Dulce de Leche Sauce + Banana Dulce De Leche Smoothies



happy new year banana dulce de leche pancakes

measure

Have kids measure **1¼ C flour**, **2 tsp baking powder**, a **BIG pinch of sea salt** into a big bowl. *This is the dry bowl.*

chop+slice

Ask kids to chop and slice **2 semi-ripe bananas** into TINY BITS! Set to the side. melt+cook.

crack+stir

Have kids stir together **1 C of your favorite milk**, **1 tsp vanilla**, **1½ T of light brown sugar** with **2 T room temperature butter** into a small bowl. *This is the wet bowl.* Show your child how to crack open **1 large egg**. Add the egg to wet bowl and mix together.

combine+mix

Have kids combine the wet ingredients into the dry ingredient bowl. Mix in the chopped and sliced bananas to the batter and mix well. Preheat your skillet medium/low heat and melt about **2 T of butter or oil**.

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Family Fun Recipes

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spoon+flip

Spoon batter onto pre-heated hot skillet, forming small sized pancakes. Cook out for about 2 minutes per side or until golden brown and bubbly, flip over and cook the other side until golden brown and puffed.

top+yum

Transfer to oven-safe plate, keep warm in your oven—and then serve topped with Vegan Dulce de Leche Sauce (see recipe below!).



vegan dulce de leche sauce

whisk+dissolve+reduce

Whisk **one 14-oz can unsweetened coconut milk**, **¾ C packed brown sugar**, and **½ tsp coarse salt** in a heavy large skillet on your stovetop until sugar dissolves. Increase heat to medium-high and boil until mixture is reduced to about 2½ C, stirring occasionally, about 20 minutes. Serve with pancakes!



banana dulce de leche smoothies

freeze+combine

Combine **2 frozen bananas**, **2 C milk**, **3 T brown sugar**, **½ tsp of vanilla extract**, **pinch of sea salt** and **¼ C of orange juice** together into your blender.

blend+enjoy!

Blend together until smooth and creamy. Enjoy!

::continued::



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shopping list

Dulce de Leche Banana Pancakes

- 1¼ C flour
- 2 tsp baking powder
- 2 semi-ripe bananas
- 1½ T light brown sugar
- big pinch sea salt
- 4 T butter
- 1 C milk
- 1 tsp vanilla extract
- 1 large egg

Vegan Dulce de Leche Sauce

- 1 (14 oz) can unsweetened coconut milk
- ¾ C brown sugar
- ½ tsp coarse salt

Banana Dulce de Leche Smoothies

- 2 medium frozen bananas
- 3 T brown sugar
- pinch of salt
- 2 C milk
- ½ tsp vanilla extract
- ¼ C orange juice, optional

::continued::



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The History of Dulce de Leche (Caramel)

It is difficult to know when humans first craved natural sugar that gave them that extra bit of energy and satisfied their sweet tooth cravings. Many believe that the earliest sweet treat was honey—simple to acquire and needs no processing. The ancient Arabs and the Chinese cultures prepared candies of fruits and nuts dipped in honey.

The word caramel was first recorded in the English language in 1725—it comes from the Spanish Dulche de Leche and Caramelo. The original Spanish word did not refer to the chewy caramel candy we know today, but more likely, to caramelized sugar. Caramel candy and sauce was invented in the USA!

Caramel is simply sugar, melted into a syrup and cooked until the sugar crystals turn into a dark amber liquid. In this form, it can be used to coat nuts (pralines) and popcorn, thickened into a sauce and a myriad of other delights. Whisk in some butter, remove from the heat and whisk in cream, and you have a delicious caramel sauce

In fact, Milton Hershey began his chocolate empire not with chocolate, but with caramel. Hershey was born in 1857 in Pennsylvania, and rather than become a printer, he founded a candy-making business in Lancaster, Pennsylvania. By 1886, he had founded the Lancaster Caramel Company, surely utilizing traditional recipes that were found in many regional cook-books. He chose to learn all about chocolate-making because he sought new coatings for his famous caramels.

The surprise ingredient of the week: Bananas!

- ★ **More than 100 billion bananas are eaten every year throughout the world.** Americans eat an average of 27 pounds of bananas per person every year and more than 96 percent of American households buy bananas at least once a month.
- ★ **Bananas don't actually grow on trees**—they grow on plants that are officially classified as an herb (not surprisingly, the world's largest herb). Banana plants are in the same plant family as lilies, orchids, and palms. Banana plants can grow up to 25 feet high, and their leaves can grow to be 9 feet long and 2 feet wide. Their roots can be hundreds of years old. Bananas, the fruit of this very large herb plant, are technically berries. Some horticulturists suspect that the banana was the earth's very first fruit!
- ★ **An individual banana is called a finger. The word banana comes from an Arab word "banan" meaning finger.** "banan" meaning finger. A bunch of bananas is called a hand. Each banana hand has about 10 to 20 fingers. Those stringy things are called phloem (pronounced FLOM).

Time for a laugh!

Why are bananas never lonely? Because they hang around in bunches!

What kind of key opens a banana? A mon-key!

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