



Southern Sunny Delight Banana Pudding + Cinnamon Whipped Cream + Blazing Banana Shakes

By Dylan Sabuco

Prep Time 35 / **Cook Time** 5 / **Serves** 4 - 6

Shopping List

- ☐ FRESH
- ☐ 6 bananas ****(see allergy subs below)****
- ☐ DAIRY
- ☐ 2 C heavy whipping cream ****(see allergy subs below)****
- ☐ 1/2 C sour cream ****(see allergy subs below)****
- ☐ 3 C milk ****(see allergy subs below)****
- ☐ PANTRY
- ☐ 1 T cornstarch
- ☐ 1 C brown sugar
- ☐ 2 C vanilla wafer cookies, or similar cookies ****(see allergy subs below)****
- ☐ 1 2/3 tsp ground cinnamon
- ☐ 1 pinch salt
- ☐ HAVE ON HAND
- ☐ 1 C ice

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like

measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

Equipment

- ☐ Small saucepan
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Small mixing bowl
- ☐ Cutting boards
- ☐ Kid-safe knives
- ☐ Baking dish
- ☐ Rubber spatula
- ☐ Medium mixing bowl
- ☐ Blender (or pitcher + immersion blender)

Ingredients

Southern Sunny Delight Banana Pudding

- ☐ 4 bananas ****(for BANANA ALLERGY sub 4 mangoes—see more below)****
- ☐ 1 C heavy whipping cream ****(for DAIRY ALLERGY sub dairy-free/nut-free whipping cream)****
- ☐ 1/2 C sour cream ****(for DAIRY ALLERGY sub coconut cream)****

- ☐ 1 T cornstarch
- ☐ 1/2 C brown sugar
- ☐ 2 C vanilla wafer cookies, or similar cookies ******(for GLUTEN ALLERGY sub gluten-free/nut-free vanilla flavored cookie)******
- ☐ 1/2 tsp ground cinnamon

Cinnamon Whipped Cream

- ☐ 1 C heavy whipping cream ******(for DAIRY ALLERGY sub dairy-free/nut-free whipping cream)******
- ☐ 1 tsp ground cinnamon
- ☐ 1/4 C brown sugar
- ☐ 1 pinch salt

Blazing Banana Shakes

- ☐ 2 frozen bananas
- ☐ 3 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- ☐ 1 pinch ground cinnamon
- ☐ 1 T brown sugar
- ☐ 1 C ice

Food Allergen Substitutions

Southern Sunny Delight Banana Pudding

Banana: Substitute 4 mangoes for bananas, or 2 C blueberries, strawberries, or peaches would also be good.

Dairy: Substitute dairy-free/nut-free whipping cream. Substitute coconut cream for sour cream.

Gluten/Wheat: Substitute gluten-free/nut-free vanilla-flavored cookie.

Cinnamon Whipped Cream

Dairy: Substitute dairy-free/nut-free whipping cream.

Blazing Banana Shakes

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Southern Sunny Delight Banana Pudding

intro

This southern classic is the ultimate family gathering staple. Maybe the reason for that is because this dessert combines some of the best things you can think of. As you dig into this delicious dish, you will find layers of cookies, pudding, whipped cream, bananas, and caramel.

measure + simmer

Let's make the pudding! Start by measuring **1 cup heavy whipping cream**, **1/2 cup sour cream**, **1 tablespoon cornstarch**, **1/2 teaspoon cinnamon**, and **1/2 cup brown sugar** into a small saucepan over medium heat. Whisk until all the cornstarch is fully combined. Then, simmer the mixture for 5 minutes. Turn the heat off and cool the pudding completely for the final step.

slice + whisk

Peel and slice **4 bananas** into thin rounds. Reserve in a small bowl. Create **Cinnamon Whipped Cream** and reserve in a medium bowl.

layer + serve

In a baking dish, start creating layers with your pudding, **2 cups vanilla wafers**, **Cinnamon Whipped Cream**, and **sliced bananas** until you run out of all four. Start by spreading the vanilla wafers in a single layer, then pour in the pudding that is cooling from step 1, followed by bananas, and finally topped off with the whipped cream. Repeat these layers like you are making a giant parfait.

Cinnamon Whipped Cream

recipe tip

Your heavy cream will become whipped cream a lot faster if you use a cold metal whisk and a cold metal bowl. The cold temperature will cut the time you spend whipping significantly.

scrumptious science

Creating the whipped cream will require friction. Friction is the resistant force that is present when two objects move across each other. In this instance, the cream will be whisked against the walls of the container. This friction causes the cream to become whipped cream. Friction can help to force air into the cream molecule, changing the fat structure of the cream. The fat, or lipid, molecule contains all sorts of fat, water, and a little air, protected by a barrier of triglycerides. When you whisk the cream, the triglyceride barrier breaks down, allowing the contained fat to clump together and appear thicker. You will notice the

cream is becoming thicker but not yet whipped cream. Now that the triglyceride barrier is broken down, air can more freely integrate into the cream, and before you know it, the cream will be standing tall because it is full of air bubbles. Now put that cream on some banana pudding and quickly before it deflates.

measure + whisk

In a medium mixing bowl, measure **1 cup heavy whipping cream, 1/4 cup brown sugar, 1 teaspoon cinnamon**, and **1 pinch of salt**. Whisk that mixture together vigorously until a medium stiff peak forms (if using coconut cream, this will be more of a drizzle than a stiff-peaked whipped cream). Whisking air into the heavy cream will create whipped cream. It's as simple as that. Dollop Cinnamon Whipped Cream on top of desserts or layer it with our Southern Sunny Delight Banana Pudding!

Blazing Banana Shakes

measure + blend

Measure **2 frozen bananas, 3 cups milk, 1 pinch of cinnamon, 1 tablespoon brown sugar**, and **1 cup ice** into a blender (or pitcher for use with an immersion blender). Blend until smooth. Enjoy!

Featured Ingredient: Banana!

Hi! I'm Banana!

"I'm such an 'a-peeling' fruit, I'm just going to have to tell you a little about myself! Bananas are very popular. We're long and curved, and we typically have a yellow outer layer (like some raincoats!) called a peel or skin. After peeling a banana, you can eat it whole; slice it into cereal, salads, or desserts; and mash it and put us on toast or add us to pancake or banana bread batter. Be careful not to throw your banana peel on the floor, or someone might slip on it!"

History

The Latin scientific name for banana is "musa sapientum," or "fruit of the wise men."

The first recorded mention of bananas is from the 6th century BCE. They were represented in Egyptian hieroglyphs.

Bananas may have been Earth's first fruit and the first fruit cultivated by people. The first banana farms were in southeast Asia.

The phrase "going bananas" came about because monkeys love bananas!

India produces over 26 percent of the world's bananas. In the United States, Hawaii grows the most bananas.

There are a few cultures, especially Japan's, where the fiber from the banana plant is used to make fabric and sometimes even paper.

The world's record for the longest banana split is 4.97 miles. In March 2017, Innisfail, Australia, residents made it using 40,000 bananas, 660 gallons of ice cream, and 528 gallons of topping. It took hundreds of volunteers 12 hours to prepare the banana split.

People like their bananas! Worldwide we eat more than 100 billion bananas each year! Of those, Americans annually eat about 27 pounds of bananas per person. But we don't eat as many bananas as the Ugandan people. Their average consumption each year is 500 pounds per person!

Anatomy & Etymology

What appears to be a banana tree is actually an herbaceous flowering plant (the world's largest).

A banana plant can grow an inch or more while you sleep at night, eventually growing from 10 to 25 feet high.

Botanically, a banana is a berry.

Since commercially-grown bananas do not contain seeds, you cannot grow a banana from seed unless you can find someone who sells seeds from the wild fruit. Otherwise, new plants are grown from offshoots or suckers of the banana plant.

A single banana fruit is called a finger, and a cluster of fruit is called a hand. There are 10 to 20 fingers on each hand.

About 75 percent of a banana's weight is water.

Because bananas are less dense than water, they are able to float.

Wild banana varieties include bubblegum pink bananas with fuzzy skins, green-and-white striped bananas with orange sherbet-colored flesh, and bananas that taste like strawberries when cooked.

The word "banana" may have come from the West African Wolof word "banaana," through late 16th century Portuguese or Spanish. However, it could have come from the Arab word "banan," meaning finger.

How to Pick, Buy, & Eat

Bananas ripen best if growers pick them when they are still green.

Don't separate a banana from the bunch if you want it to ripen more quickly.

Putting bananas in a sealed container, like a brown paper bag, will hasten them to ripen, especially if you add another type of fruit to the bag.

You may have noticed that organic bananas often come with plastic wrap around the top stems of a bunch, but you can also wrap yours at home. Tightly wrapped stems will help bananas last three to five days longer.

Try peeling a banana from the bottom up toward the stem to avoid dislodging the stringy vascular tissue running down the length of the fruit inside. Those strings are called "phloem" (pronounced "flom").

Banana peels are actually edible if cooked.

Once you peel a banana and it comes in contact with air, it can begin to turn brown. Sprinkling lemon or pineapple juice on a cut banana will prevent this.

Don't be surprised that the banana peel turns brown or black after being refrigerated—it won't affect the fruit inside. This darkening happens because the cold breaks down the skin's cell walls and causes

compounds in it to oxidize.

You can put ripe or overripe bananas in the freezer and then add a frozen banana to your blender when making a smoothie instead of ice. You can also insert a popsicle stick into one end of a banana, freeze the banana, then dip the frozen banana in chocolate melted with a little oil. If desired, roll the coated banana in toppings like nuts, coconut flakes, or sprinkles, then refreeze for a chocolaty, nutritious frozen dessert.

Nutrition

Bananas contain vitamin C, potassium, fiber, and vitamin B6.

Bananas have 31 percent of the daily value of vitamin B6! This vitamin strengthens your nervous and immune systems. It also is needed for your body to make serotonin, a hormone that elevates mood.

About half of all people allergic to latex may also be allergic to bananas.