



courtesy of Who Are Those Guys? BBQ Competition Cooking Team

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Grilled Banana Split

I was looking for an easy dessert recipe that anyone could do on the grill. I wanted something that would be fun for the kids, but could serve as a dinner party offering as well. This easy to do deal fit the bill on both accounts. You can modify to fit your need, even using the banana bowl as the base for a sundae bar for the kids to enjoy. Just use your imagination! This is a modified version of a recipe from Kell Phelps of the National BBQ News he submitted to the latest KCBS cook book.

Serves 6

Ingredients:

6 under-ripe to ripe bananas
2 Hersheys Chocolate bars broken into small pieces
½ cup mini marshmallows
1 Quart vanilla ice cream
¼ cup chopped nuts or jar of wet nuts
Whipped cream
6 cherries for garnish

Directions:

Prepare grill to medium heat

Using a sharp knife and leaving the peels in tact, slit the bananas from end to end so the flat part is on the bottom. Go deep into the banana; do not cut all the way through. Force the slits open wide by pressing on both ends, stuff with the chopped chocolate and marshmallows.

Wrap the bananas in foil and grill turning onto all sides for about 10 minutes until banana begins to soften and the chocolate is melted. Carefully transfer from foil to bowl or plate, pressing on the ends to open the banana. Add ice cream, nuts, whipped cream and top with cherry.

You can add any other toppings you like, sprinkles, raisins, cookie crumbs etc. We like to set up a mini sundae bar with assorted toppings and let the kids have fun. (if the adults would get out of the way)

Another option is adding marshmallows, chocolate and graham cracker crumbs or chunks to make banana s'mores.