

Banana Caramel Pull-apart

Ingredients:

2 cups self raising flour

30g butter

1 cup (250ml) milk, approximately

1/3 cup brown sugar

4 bananas, chopped

Pinch nutmeg

½ teaspoon cinnamon

Caramel

¼ cup cream

20g butter

½ cup brown sugar



What to do:

- 1) Grease 3 round cake tins. Preheat oven to 210c.
- 2) Place flour in a bowl and rub in butter.
- 3) Stir in enough milk to make a soft sticky dough.
- 4) Turn dough onto lightly floured bench and knead until smooth.
- 5) Divide dough into 3 lumps. Use scales.
- 6) Roll dough lumps into rectangles on floured baking paper.
- 7) Sprinkle with sugar.
- 8) Combine banana and spices and spread over 2/3 of rectangles.
- 9) Using paper like a sushi mat roll up like a Swiss roll.
- 10) Use a floured bread knife to cut each roll into about 8 pieces.
- 11) Place 7 slices upright around the edge of each cake tin and 1 slice in the centre.
- 12) Bake pull-aparts in the oven for about 25mins.
- 13) Make caramel by combining all ingredients in a small saucepan, stir over heat without boiling until sugar is dissolved.
- 14) Stand pull-apart for a few minutes before turning onto a wire rack.
- 15) Brush with caramel and serve.