

Banoffee Blondies

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Blondies resemble the traditional chocolate brownie, but are based on brown sugar instead of cocoa, and are sometimes referred to as blonde brownies. This recipe is a combination of my banana bread and brownie recipe. It was super easy and quick to make and they are really scrummy.

Recipe

Ingredients (serves 12)

- 225g (8oz) butter
- 225g (8oz) light brown sugar
- 1 tbsp pure vanilla extract
- 2 overripe bananas, mashed
- 4 large eggs
- 1/8 tsp salt
- 100g (3 1/2 oz) plain white flour
- 50g (1 3/4 oz) [Dulce de leche](#)
- toffee pieces, nuts, raisins etc. (optional)

Method

1. Preheat the oven to 180°C/ 160°C fan (355°F/ 320°F fan). Grease a 20x20 cm (8x8 in) baking tray.
2. Make the Dulce de leche
3. In a bowl, mash bananas and stir in the Dulce de leche.
4. Melt the butter, sugar and vanilla in a pan over a medium heat. Add to the bananas and mix well.
5. Add the eggs and salt. Mix well.
6. Sift in the flour and mix until just combined. This is also the time to add toffee pieces, nuts and what-not.
7. Pour the mixture into the prepared tin and bake for 30-40 minutes or until a skewer comes out clean.
8. Cool completely before cutting. Serving as a part of a sundae sounds amazing!

Nutrition Facts	
Serving Size 86 g	
Amount Per Serving	
Calories 289	Calories from Fat 154
% Daily Value*	
Total Fat 17.1g	26%
Saturated Fat 10.3g	51%
Cholesterol 103mg	34%
Sodium 165mg	7%
Potassium 131mg	4%
Total Carbohydrates 31.8g	11%
Dietary Fiber 0.8g	3%
Sugars 22.7g	
Protein 3.5g	
Vitamin A 11%	Vitamin C 3%
Calcium 4%	Iron 5%
Nutrition Grade C-	
* Based on a 2000 calorie diet	