

DESSERT

Banana Caramel Cream Pie

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
200 min	20 min	180 min	8	\$0.85	669 kcal



The recipe Banana Caramel Cream Pie can be made in roughly 3 hours and 20 minutes. One serving contains 669 calories, 7g of protein, and 37g of fat. This recipe serves 8. For 85 cents per serving, this recipe covers 11% of your daily requirements of vitamins and minerals. It works well as a dessert.

Ingredients

- | | |
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| ☐ 3 bananas, sliced | ☐ 1 tablespoon butter |
| ☐ 1½ sticks unsalted butter, cut into small pieces, chilled or frozen | ☐ 2 tablespoons cornstarch |
| ☐ 2 egg yolks | ☐ 1 tablespoon flour |
| ☐ 1½ cups all-purpose flour | ☐ ¾ cup heavy cream |
| ☐ 8 servings Gray sea salt, crushed, or kosher salt | ☐ 1/3 teaspoon salt |
| ☐ ½ teaspoon salt | ☐ ½ cup sugar |

☐ 1 cup sugar

☐ 3 tablespoons sugar

☐ ½ teaspoon pure vanilla extract

☐ ¼ cup water

☐ 1 cup fresh whipped cream

☐ 1 tablespoon sugar

☐ 3½ tablespoons unsalted butter

☐ 1 teaspoon pure vanilla extract, or 1 vanilla bean, split in half lengthwise and seeds scraped

☐ 4 tablespoons ice cold water

☐ 2½ cups whole milk

EQUIPMENT Food processor, Bowl, Sauce pan, Oven, Whisk, Mixing bowl, Blender, Plastic wrap, Aluminum foil, Stand mixer, Pastry cutter

Method

- 1 In a heavy-bottomed medium saucepan, mix together the sugar, salt, cornstarch, and flour. Over medium-low heat, slowly whisk in the milk.
- 2 In a separate mixing bowl, beat the egg yolks. Once the pastry cream starts to boil, transfer 1/2 cup of the pastry cream to the egg yolks and whisk to temper. Return the mixture to the saucepan. Continue whisking until the mixture coats the back of a spoon and is smooth and thick. Strain.
- 3 Remove from the heat and stir in the butter, and vanilla. Stir in 1 cup sliced bananas. Allow the mixture to cool.
- 4 Stir the custard to loosen, if necessary. Cover the bottom of the prepared crust with more sliced bananas and drizzle with 1/4 cup Salted Caramel Sauce. Top with half of the sliced bananas, then 1 cup custard, covering the bananas completely. Repeat layering with the remaining bananas and the remaining custard. Chill the banana cream pie until the filling is set, about 2 hours.
- 5 For the topping: In a medium bowl, whip the cream until soft peaks form.
- 6 Add the sugar, and vanilla and whip until stiff peaks form.
- 7 Top the chilled pie with the fresh whipped cream.
- 8 Drizzle with additional caramel sauce, just before serving.
- 9 Preheat the oven to 425 degrees F.
- 10 In a mixing bowl, mix together the flour, sugar, salt and vanilla; cut or work the butter into the flour mixture with your fingers or a cold pastry cutter until you have large pea sized chunks scattered throughout. Alternatively, pulse the dough in a food processor, or mix in a stand mixer with the paddle attachment on low speed.

- 11 Add the ice water slowly while stirring with a fork, or in the food processor or mixer, until just combined. Be careful not to overwork the dough. Wrap the dough in plastic wrap, flatten and refrigerate for at least 15 minutes.
- 12 Roll out one chilled pie dough to fit a 9-inch pie plate. Reserve the second pie dough disc for another use.
- 13 Transfer dough to pie plate, pressing the dough lightly into the plate; trim the edges. Dock the dough with the prongs of a fork evenly over the bottom of the pie plate. Line the docked dough with aluminum foil and fill with pie weights or dried beans.
- 14 Bake the pie crust until the edges are brown and golden, about 15 minutes.
- 15 Remove from the oven and remove the weights. Return crust to the oven to finish baking for another 5 minutes.

Nutrition per serving

669

KCAL

7 g

PROTEIN

37 g

FAT

79 g

CARBS

Saturated Fat

23 g · 144% of daily needs

Fibre

1.8 g · 7% of daily needs

Sugar

53.9 g · 60% of daily needs

Sodium

490 mg · 21% of daily needs

Cholesterol

151 mg · 50% of daily needs

Vitamin C

4 mg · 5% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/banana-caramel-cream-pie-142906