

SIDE DISH

Banana-Walnut Napoleons

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.61	282 kcal

The recipe Banana-Walnut Napoleons can be made in approximately 45 minutes. This recipe makes 4 servings with 334 calories, 5g of protein, and 9g of fat each. For 61 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. 1 person has tried and liked this recipe...

Ingredients

☐ 1 ripe banana, peeled and cut into 16 slices	☐ ¼ cup packed brown sugar
☐ 2 tablespoons cornstarch	☐ 1 large egg yolk
☐ 3 tablespoons granulated sugar	☐ 0.1 teaspoon ground cinnamon
☐ 0.1 teaspoon ground nutmeg	☐ 1 cup 1% low-fat milk
☐ 4 sheets (18 x 14-inch) sheets frozen phyllo dough, thawed	☐ 0.1 teaspoon salt
☐ 1 tablespoon walnut oil	☐ 1½ teaspoons walnut oil
☐ 4 teaspoons finely chopped walnuts, toasted	☐ 2 tablespoons water

EQUIPMENT Bowl, Frying pan, Baking sheet, Sauce pan, Oven, Whisk, Wire rack, Plastic wrap, Cutting board

Method

- 1 To prepare filling, combine first 4 ingredients in a small saucepan, stirring well with a whisk.
- 2 Add egg yolk, stirring well.

- 3 Combine milk and cornstarch, stirring with a whisk until well blended. Slowly whisk cornstarch mixture into the egg mixture. Bring to a boil over medium heat, stirring constantly with a whisk.
- 4 Remove from heat. Stir in 1 1/2 teaspoons walnut oil.
- 5 Pour filling into a bowl.
- 6 Place plastic wrap on surface; cool to room temperature.
- 7 Preheat oven to 350
- 8 To prepare Napoleons, place 1 phyllo sheet on a large cutting board or work surface (cover remaining dough to prevent drying); lightly coat with cooking spray.
- 9 Place another phyllo sheet on top; lightly coat with cooking spray. Repeat layers with remaining 2 phyllo sheets and cooking spray. Gently press phyllo layers together; lightly coat top sheet with cooking spray.
- 10 Cut phyllo stack in half lengthwise.
- 11 Cut each half crosswise into 4 rectangles. Carefully place rectangles onto a nonstick baking sheet coated with cooking spray.
- 12 Bake at 350 for 10 minutes or until crisp and lightly browned.
- 13 Remove phyllo stacks from pan; cool completely on a wire rack.
- 14 To prepare sauce, combine the brown sugar and water in a small saucepan; place over medium-high heat. Bring mixture to a boil; reduce heat, and simmer 3 minutes.
- 15 Remove from heat; stir in 1 tablespoon walnut oil.
- 16 Add banana; stir gently to combine.
- 17 To assemble, place 1 phyllo stack on each of 4 plates; top with about 1/4 cup filling.
- 18 Place 4 banana slices on each serving; cover with 1 phyllo stack.
- 19 Drizzle brown sugar mixture evenly over Napoleons.
- 20 Sprinkle each serving with 1 teaspoon walnuts.

Nutrition per serving

282

KCAL

5 g

PROTEIN

9 g

FAT

46 g

CARBS

Saturated Fat	1.7 g · 10% of daily needs
Fibre	1.3 g · 5% of daily needs
Sugar	29 g · 32% of daily needs
Sodium	195 mg · 8% of daily needs
Cholesterol	48.9 mg · 16% of daily needs
Vitamin C	2.6 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/banana-walnut-napoleons-147572