



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Cauliflower**

### **Cauliflower Chocolate Chip Banana Bundt**

**Ingredients:**

½ cup cauliflower, steamed  
4 very ripe bananas (about 2 cups)  
2 eggs  
½ cup whole milk  
2 tsp vanilla  
½ cup brown sugar  
½ cup granulated sugar  
2 tsp baking powder  
1 ½ cups flour  
1 cup chocolate chips  
heavy pinch of salt

**Directions:**

Preheat your oven to 350F. Grease a Bundt Pan. Set aside.

In a mixing bowl, mash the bananas with the steamed cauliflower until you can't tell them apart. Mix in the eggs, vanilla, both sugars, and whole milk.

In a separate larger mixing bowl, whisk together the flour, baking powder, and salt. Toss in the chocolate chips. Pour the wet ingredients into the dry ingredients, folding until just combined. Pour the batter into the prepared Bundt pan. It will be thinner than your usual banana bread batter. Bake for 45-50 minutes. Take the bread out of the oven and let it sit in the pan for 15 minutes then turn out onto a cake plate. The consistency of the bread will be smooth, almost like a bread pudding but not too sweet.

\*When you steam the cauliflower, make sure you steam it for at least 15-20 minutes. The cauliflower should be so soft you can mash it easily with a fork.