

Prep Time	15 minutes
Cook Time	30–40 minutes
Total Time	45–55 minutes
Difficulty	Easy
Yield	Approximately 4–5 half-pint jars (32–40 oz total)
Category	Condiment / Spread / Preserve
Cuisine	American / Tropical Fusion

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Ingredients

- 5 large ripe bananas (about 2½ cups mashed)—use bananas with brown spots for maximum sweetness

- 1 can (20 oz) crushed pineapple in 100% juice—do NOT drain
- 1½ cups white granulated sugar
- ½ cup brown sugar (packed)
- 3 tablespoons coconut flakes (sweetened or unsweetened, your choice)
- 2 tablespoons fresh lemon juice (bottled works in a pinch)
- ¼ teaspoon ground cinnamon (optional, for warmth)
- 1 tablespoon butter (optional, for richness—this is the ONLY butter in “monkey butter,” and it’s optional!)
- 1 teaspoon vanilla extract

Optional Add-ins

- ¼ teaspoon ground nutmeg
- ½ cup chopped pecans or walnuts for crunch
- 1 tablespoon rum extract for a tropical kick

Equipment Needed

- Large heavy-bottomed saucepan or Dutch oven (at least 4 quarts)
- Wooden spoon or silicone spatula
- Measuring cups and spoons
- Potato masher or fork
- Ladle
- 4-5 sterilized half-pint canning jars with lids and bands (if canning)
- Water bath canner (if preserving)
- Jar lifter and funnel (if canning)

Instructions

Step 1: Prepare Your Bananas (5 minutes)

Peel all five bananas and place them in a large mixing bowl. Using a potato masher or fork, mash them until they reach your desired consistency. For a smoother monkey butter, mash until nearly pureed. For a chunkier texture, leave some small pieces intact. Set aside.

Step 2: Combine Ingredients (5 minutes)

In your large heavy-bottomed saucepan, combine the mashed bananas, the entire can of crushed pineapple (including the juice), white sugar, brown sugar, coconut flakes, lemon juice, and cinnamon (if using). Stir everything together with your wooden spoon until well combined.

Step 3: Bring to a Boil (5 minutes)

Place the saucepan over medium-high heat. Stir the mixture frequently to prevent sticking. Allow it to come to a full rolling boil—this means bubbles that don't stop when you stir.

Step 4: Simmer and Reduce (30-40 minutes)

Once boiling, reduce the heat to medium-low to maintain a gentle, steady simmer. This is where patience becomes your best friend.

- Stir every 2-3 minutes to prevent scorching on the bottom.
- The mixture will gradually thicken and darken to a beautiful golden-amber color.
- You'll know it's ready when it coats the back of your spoon thickly and a drip from the spoon falls slowly rather than running off quickly.

- The total reduction should yield about 4–5 cups.

Intensity Level: Low to Medium—this is a slow, gentle cook. Don’t rush it by cranking the heat, or you’ll risk burning the sugars.

Step 5: Finish with Butter and Vanilla (2 minutes)

Once the monkey butter has reached your desired thickness, remove the saucepan from the heat. Stir in the butter (if using) and vanilla extract. The butter adds a lovely glossy finish, and the vanilla rounds out the flavors beautifully. Taste and adjust—add a pinch more cinnamon or a squeeze of lemon if needed.

Step 6: Jar It Up (5 minutes)

If refrigerating: Ladle the hot monkey butter into clean jars or containers. Let cool to room temperature, then seal and refrigerate. It will keep for 3–4 weeks in the refrigerator.

If canning (water bath method): Ladle hot monkey butter into sterilized half-pint jars, leaving ¼-inch headspace. Wipe rims, apply lids and bands, and process in a boiling water bath for 10 minutes (adjust for altitude). Remove jars and let them cool undisturbed for 24 hours. Check seals before storing. Properly canned monkey butter keeps for up to 1 year in a cool, dark place.

Time and Intensity Summary

Phase	Time	Heat Intensity	Attention Level
Prep & Mashing	5 min	None	Low
Combining	5 min	None	Low
Bringing to Boil	5 min	Medium-High	Medium

Phase	Time	Heat Intensity	Attention Level
Simmering/Reducing	30–40 min	Medium-Low	Medium (stir every 2–3 min)
Finishing	2 min	Off heat	Low
Jarring	5 min	None	Medium

Tips for Perfect Monkey Butter

1. Riper bananas = better flavor. Brown-spotted bananas are sweeter and more flavorful than yellow ones.
 2. Never walk away during the simmer. Sugars burn quickly and quietly.
 3. Use a heavy-bottomed pot. Thin pots cause hot spots and scorching.
 4. Don't skip the lemon juice. It balances sweetness and helps with preservation.
 5. Test thickness with the "plate test." Place a small spoonful on a chilled plate. If it holds its shape and doesn't run, it's ready.
 6. Adjust sweetness to taste. If your bananas are very ripe, you can reduce sugar by up to $\frac{1}{2}$ cup.
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Nutrition Information

Serving Size: 2 tablespoons (approximately 1 oz)

Nutrient	Amount
Calories	85
Total Fat	0.5 g
Saturated Fat	0.3 g
Trans Fat	0 g
Cholesterol	1 mg
Sodium	3 mg
Total Carbohydrates	21 g
Dietary Fiber	0.8 g
Total Sugars	19 g
Added Sugars	15 g
Protein	0.4 g
Vitamin C	2.5 mg
Potassium	95 mg
Calcium	4 mg
Iron	0.2 mg