Banana Stuffed Sourdough Scones

Imagine bananas foster and sourdough scones had
a love child. This is that recipe. It is pure heaven.
I am literally obsessed.

A beautiful mash-up of bananas foster and sourdough
scones. The stuffed banana layer with caramelized brown
sugar is such a fun touch. And the long fermentation
option? Perfect for those who want the nutritional
benefits or that just love that deep sourdough complexity.

Makes 8 scones.

INGREDIENTS

Banana Scones

• 350g all-purpose flour

• 65g brown sugar + 2 tbsp (divided)

• 1 tbsp baking powder

• 1/4 tsp baking soda

• 1/2 tsp cinnamon

• 1/4 tsp salt

• 110g cold, cubed unsalted butter

• 1 large egg

• 100g sourdough starter (active or discard)

• 100g mashed ripe banana (about 1 medium)

• 105g heavy cream or milk + 2 tbsp (divided)

• 2 tsp vanilla extract

• 1–2 medium bananas, sliced

• 1–2 tbsp cane sugar (for topping)

Cinnamon Maple Icing

• 55g powdered sugar

• 1/2 tsp cinnamon

• 2 tbsp maple syrup

• 1/2 tbsp milk or water

DIRECTIONS

A couple of thoughts to elevate these even further:

 • *Bourbon or Rum Glaze*: A splash of bourbon or rum in the icing (or
drizzled over the bananas before baking) could bring even more of that
bananas foster vibe.

• *Toasted Pecans*: Sprinkling some chopped toasted pecans on top before
baking could add a nice crunch.

• *Brown Butter in the Icing*: Swapping the milk for a touch of browned butter
could add an extra layer of richness.

1. Prep: Line a baking sheet with parchment and lightly dust with flour.

 2. Mix Dry Ingredients: Whisk flour, 65g brown sugar, baking powder,
baking soda, cinnamon, and salt in a large bowl.

 3. Mix Wet Ingredients: In another bowl, combine egg, sourdough starter,
mashed banana, 105g cream, and vanilla.

 4. Incorporate Butter: Work cold butter into the dry mix using your fingers
until pea-sized crumbs form.

 5. Combine: Fold in the wet ingredients with a spatula until a shaggy
dough forms.

 6. Layer: Press half of the dough into a 7" disk on the baking sheet, layer
sliced bananas on top, and sprinkle with 2 tbsp brown sugar. Press the
remaining dough on top, shaping it into an even round about 1" thick.

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7. Freeze & Preheat: Freeze for 20 minutes while preheating the oven to 375°F.
8. Cut & Bake: Slice into 8 wedges, space them apart, brush with cream, and sprinkle with cane sugar. Bake for 20–25 minutes until golden brown. Cool for 15–20 minutes.
9. Make Icing: Whisk powdered sugar, cinnamon, maple syrup, and milk (if needed for consistency).
10. Finish: Separate scones, drizzle with icing, and enjoy!

To long ferment these sourdough banana scones for better digestion and flavor, follow these steps:

1. Mix Dough Ahead of Time:
• Follow the recipe up to the step where you incorporate the wet and dry ingredients, forming a shaggy dough. Do not add baking powder or baking soda yet, as they lose effectiveness over long fermentation.

2. Bulk Ferment:
• Cover the dough and refrigerate for 12–24 hours.
• This slow fermentation allows the sourdough culture to break down the flour, improving texture and digestibility.

3. Final Mixing & Baking:
• After fermentation, let the dough sit at room temperature for 15–30 minutes to soften slightly.
• Gently mix in the baking powder and baking soda just before shaping.
• Proceed with shaping, freezing, and baking as directed.

Notes:
• Flavor: The scones will have a deeper, slightly tangy flavor due to the fermentation.
• Texture: Long fermentation may make the dough a bit softer, but it will still bake up well.
• Leavening: Adding baking powder and baking soda just before baking ensures they still contribute to the rise.

This method enhances the sourdough benefits while maintaining the original texture and flavor of the scones!

Enjoy!

Hi, I'm Lyndsay!

I'm a Registered Holistic Nutritionist, Trainer, and mom. I love creating and sharing recipes that not only nourish my family but are also delicious. Cooking and baking real food and bread is my love language. If this is your vibe too, I'd love to connect! Here's where you can find me:

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