

fruit flambé

From: *Fruit Flambé!*

ingredients:

- ¼ cup butter
- ¾ cup light brown sugar
- 1 T lemon juice
- 1 T cinnamon
- ½ piece fruit (your choice)
- *optional ¼ cup alcohol (rum or brandy)

***Optional:** Alcohol is used to create the “Flambe” or fire for the program. Do not try at home unless skilled. The BodyStage highly recommends the “Simmer Method” where you add the alcohol and simmer for 10–12 minutes until the alcohol has burned off.

Please note that alcohol adds an extra dimension of flavor but is not necessary for the delicious end product.

directions:

1. Melt butter in skillet over medium heat.
2. Add brown sugar until combined and begins to bubble.
3. Add lemon juice, cinnamon, and fruit.
4. Simmer for 5 minutes for fruit to slowly cook and soften.

enjoy!

Fruit flambé is a “sometimes” treat! Sometimes foods mean just that—to eat them in moderation because they may be low in nutritional value. Enjoy it over ice cream, pancakes, or French toast! If kept in an airtight container fruit flambé can last in the refrigerator for up to a week.

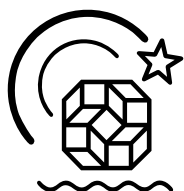
science moment!

Fire is dangerous and everyone should use fire safety in their homes. What does it take to make a fire? You need heat, oxygen, and fuel. What happens when you are missing a piece of the fire triangle? The fire goes out. This is why we: “Stop, Drop, and Roll!” It is also why it’s not good to fan a kitchen fire with a dish towel!

get talking!

Experiment with different fruits and spice combinations! The BodyStage uses seasonal fruits and combinations of cinnamon, ginger, nutmeg, and cloves. A staff favorite is mango with ginger.

Did you know that sweet potatoes taste great with flambé? Cook sweet potatoes and pour fruitless flambé over top! Bake in the oven at 350° F until bubbly for a holiday masterpiece.



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