

Boozy Bananas

1/4 cup butter

3 bananas, sliced (not overly ripe, but with some brown spots)

1/2 cup Brown sugar, loosely packed

1/3 cup dark rum

Optional – dash of cinnamon and nutmeg

Heat a medium sized skillet and melt butter. Pour in brown sugar and cook until the sugar and butter are bubbling, and the sugar granules have incorporated with the butter. Sprinkle some cinnamon and nutmeg if desired. Toss in sliced bananas. Cook until tender (usually the bananas will look a little more rounded on the ends when ready for the next step).

Pour the dark rum in with the bananas. About 30 seconds in, safely and cautiously, flambé the bananas by lighting the banana mixture with a lighter. Matches are too messy and short (unless it's one of those long fireplace matches, I guess. Regardless, be super, super careful with this part. Children should not be doing this – it goes without saying since alcohol is involved, but in all honesty – would you let your child play with fire? That is a rhetorical question. For realies, be safe with this part. I'm not a professional, but I play one on You Tube. I'm done with the fire PSA – warning has been established).

Once the alcohol has cooked out, allow the mixture to cool for about 1 minute or so. Spoon over ice cream, top with whip cream, dip cookies in it, pour over quick breads (like banana bread) or eat alone.