



**CAMP  
SOUTHERN  
GROUND**

---

## **BANANAS FOSTER**

*Courtesy of The Remedy Kitchen*

### **INGREDIENTS**

- 1/4 cup unsalted butter
- 1 cup light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 4 bananas
- 1/4 cup dark rum (optional)

### **INSTRUCTIONS**

1. Place the butter, brown sugar, cinnamon, and salt in a large skillet over low heat.
2. Whisk together while cooking, until the butter has melted and the sauce is smooth (about 3 to 5 minutes).
3. Peel, split, and slice the bananas, and add them to the warm sauce.
4. Gently fold the bananas into the sauce, allowing them to cook until softened (about 2 to 3 minutes).
5. Remove the skillet from the heat, add the rum (if using), and light it on fire with a wand lighter (the flame may be difficult to see but you will probably be able to hear it).
6. When the flames subside (after a minute or two), spoon the warm bananas and sauce over your pancakes, or enjoy your bananas foster topped with ice cream!