

Let's Eat

Healthy fast food & dessert + a mix of lifestyle tips

Endings and New Beginnings Doing some research I learned Yule and Christmas share many overlapping similarities because they both celebrate the arrival of the newborn Sun/Son, the 'Light' of the world. It is this same time frame that brings us the longest night of the year. This season signals endings and new beginnings just like the changing cycles of our own lives. Get rid of old baggage and start fresh..

Drunken Peaches Soak peach quarters in brandy overnight; add several to the bottom of a champagne glass; fill with your favorite bubbly. Spoon a teaspoon of brandy on top, add a twisted piece of lemon peel.

The following pancake recipe brings 'visions of sugarplums' because it is one of my Aunt Jeanne's specialties. When I go back home she still spoils me with this special treat.

Brunch – Let's Do An Apple Pancake!

✦ Preheat oven 450°, bake 12 to 15 mins, in a 10" iron skillet

INGREDIENTS + PREPARATION

✦ 3/4 C sifted organic all purpose flour

✦ 1/2 Tsp Himalayan salt

✦ 1½ Tsp raw dehydrated sugar

✦ 3 large organic eggs

✦ 3/4 C organic milk

✦ 3 Tbsp unsalted butter

1. **In small bowl** combine flour, salt and sugar, set aside

2. **In mixing bowl** beat eggs until pale and thick

3. **Add the flour** mixture to the eggs and beat gently

4. **Add milk**, beat until smooth.

5. **Place butter in skillet** and melt it In the 450° oven.

Spread butter over the bottom. Using a pastry brush, butter the sides of the skillet in an upward movement... from the bottom to the top lip to ensure the pancake can easily travel up the sides of the pan.

6. **Pour batter** into hot skillet and bake until pancake rises in irregular puffs, climbing the sides of the pan until browned – about 12-15 minutes.

7. **Remove from oven** and drizzle with melted butter, add a squeeze of fresh lemon juice, and sprinkle with unrefined pure powdered sugar.

8. **Options:** Saute 3 thinly sliced tart apples in butter, sugar, a pinch of salt. Choose cinnamon, nutmeg, cloves to season apples. Cook slowly until they are caramelized. Also add golden raisins, chopped walnuts, and splash of rum.

To Serve: Use 2 forks to tear pancake into wedge shape pieces. If desired, top pancake with caramelized apples serve with cooked sausages, bacon, and a bowl of beautiful fresh fruits and clementines.



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