

Brandied Prunes

50 Gift Ideas
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Yield: 4 cups

*1 cup sugar
1 cup water
1 cup brandy
zest of one lemon, in wide
strips
2 cups prunes
pinch nutmeg*

In a saucepan, bring the sugar, water, brandy and lemon zest to a simmer.

Add the prunes. Cook for 10 minutes. Add a pinch of nutmeg. Let cool.

Refrigerate for up to two weeks.

Per Serving (excluding unknown items): 2122 Calories; 2g Fat (0.9% calories from fat); 8g Protein; 410g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 14 Fruit; 13 1/2 Other Carbohydrates.