

This is an excellent syrup to pour over those yummy pancakes and waffles. Also we have had it on ice cream! It is a really good and easy to make a good morning breakfast.

Fruits in Syrup

- 2 tbs. sugar
- 4 tbs. water
- 2 tbs. dry sherry
- 2 tsp. lemon or lime juice
- 1 orange
- 2 cups fresh pineapple, cubed, or canned pineapple chunks
- 1 1/2 cups fresh or canned lichees

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Cook the sugar and water until syrupy; cool and stir in the sherry and lemon juice.

Peel and segment the orange; toss with the pineapple and lichees. Pour the syrup over the fruits; chill 1 hour, and serve.



If you make fruit syrup and you end up with left over. Place in fridge and it should last up to one month in the refrigerator. Go ahead and warm up it in the microwave to pour over your second batch of pancakes.

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