



Pineapple Kiss

This is a quick sweet sauce I came up with to use up some pineapple. If you have the tolerance, you can add a little toasted coconut for nice flavor and texture. This is great with the Cook for love pound cake, ice cream, or alone.

Yields 7.26 serving | Serving size: 1/4 cup | Protein per serving: 0.7 g | Calories per serving: 130

Ingredients:

- 2 TBSP Butter
- 1/4 c Packed Brown Sugar
- 1/2 tsp Rum Flavoring
- 1/2 tsp Vanilla Extract
- 2 c Pineapple chunks
- 1 c Coconut Milk, canned
- 2 tsp Cornstarch, mixed with 2 tsp water to make slurry
- 1/4 tsp Salt, Table

Directions:

1. In a medium skillet over medium heat melt the 2 tablespoons of butter. Add the brown sugar and stir. Heat until smooth. Add the rum and vanilla and stir. Next, add the pineapple to the skillet and stir to coat with sugar mixture. Continue to stir over medium heat until the pineapple gets a little caramelized.
2. Pour in the coconut milk and bring to a simmer. Stir in the prepared cornstarch slurry, stirring constantly until thickened enough to coat the back of a spoon. Remove from heat and stir in the salt. Serve while warm or you can chill and serve cold.