

Angel Food Cake with Pineapple Sauce



Makes:

12 servings

Utensil:

1 Qt./9 L Sauce Pan with Cover
small mixing bowl

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Recipe:

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20 ounces
pineapple, crushed with its own juice
(488 g)
1 tablespoon
peach fruit spread or orange marmalade
(20 g)
2 tablespoons
sugar
(25 g)
1 tablespoon
cornstarch
(8 g)
2 tablespoon
water
(30 mL)
1 9-inch angel food cake, baked, cut into 12 slices

Directions:

1. In sauce pan over medium heat, combine pineapple with juice, peach fruit spread and sugar. Mix well and cover. When Vapo-Valve™ clicks, reduce heat to low and cook 2 minutes.
2. In small bowl, blend cornstarch and water until smooth. Stir into pineapple mixture. Cook, stirring constantly, until thickened and glossy. Remove from heat. Cool slightly.
3. Serve warm or chilled over cake slices.

Tips:

- Garnish with fresh blueberries and raspberries, if desired.
- Use pineapple sauce over pancakes, waffles or frozen yogurt.

Nutritional Information per

▼ Serving

Calories: 180

Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 280mg
Total 43g
Carbs:
Dietary Fiber: 1g
Sugar: 26g
Protein: 4g
