

## 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

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