

Mango-Pineapple Coulis

Prep Time: 5 min / Total Time: 1 hour and 10-15 minutes.

Ingredients

1 cup fresh pineapple chunks
¾ cup fresh mango chunks
1 tbsp agave nectar
1 tsp vanilla extract
½ tsp cinnamon



Instructions:

- Place all ingredients in a food processor. Puree until smooth
- Cook mixture in a medium saucepan over medium-low heat for about 10-15 minutes, stirring occasionally. It will reduce a little bit and thicken. Chill for 1 hour before serving.

To Serve:

Place a slice of cheesecake (about 1/12 of the pan) on a plate and spoon 2 tsp of sauce over top.

Tip: Put the coulis in a squeeze bottle to use the sauce as a decoration, drizzling it in lines over the cake or on the plate.

Nutrition value per 1 inch slice cheesecake and 2 tsp coulis:

Calories: 90
Fat: 2.5g
Carbs: 9g
Fiber: 0g
Sugars: 8g
Protein: 9g
Sodium: 250mg
Cholesterol: 10mg