

Dessert

Warm Pineapple Sundaes with Rum Sauce

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Servings: 2

Start to Finish Time: 2 minutes

4 spears (about 8 ounces) fresh pineapple

1/2 cup packed brown sugar

2 tablespoons dark rum

3/4 teaspoon ground sugar

4 teaspoons butter, cut into small pieces

2 scoops vanilla ice cream OR low-fat frozen yogurt

4 gingersnap cookies

Preheat the oven to 425 degrees.

Place the pineapple in a 1-quart baking dish.

In a small bowl, combine the brown sugar, rum and ginger. Spoon over the pineapple. Dot with butter.

Bake, uncovered, for 8 to 10 minutes or until the pineapple is lightly browned and the sauce is bubbly.

Place the ice cream in two dessert dishes.

Top with pineapple and the sauce.

Serve immediately with cookies.

Per Serving (excluding unknown items): 827 Calories; 13g Fat (13.7% calories from fat); 5g Protein; 181g Carbohydrate; 12g Dietary Fiber; 21mg Cholesterol; 201mg Sodium. Exchanges: 7 1/2 Fruit; 2 Fat; 4 1/2 Other Carbohydrates.