

# Mango Coulis

*Joy of Cooking, 75th anniversary edition, 2006*

Internet Address: <http://www.theperfectpantry.com/2013/02/recipe-for-slow-cooker-chai-spiced-pear-sauce>



2 whole mangos (or use frozen chunks, about 1 1/2 cups)

1/4 cup confectioner's sugar, or more to taste

1 tablespoon fresh lime juice, or lemon juice

About 2-3 T water

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 5

1. If using frozen mango, defrost. If using fresh, peel and core mangos and cut into 1" pieces.
2. In a food processor or blender combine the mangos, lime juice and water. Blend until completely smooth, then add the sugar and blend. Add more water if it's too thick. Taste for sweetness and add more citrus or sugar. If you're serving this with a very sweet dessert, you can make the coulis less sweet. Refrigerate. Ideally, use up within 3 days. Add leftovers to a morning fruit smoothie or pour over fresh fruit and yogurt. Would also be delicious on top of French toast.

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Per Serving (excluding unknown items): 78 Calories; trace Fat (2.4% calories from fat); trace Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.