

## **Pineapple Gastrique**

### **Ingredients:**

- 2 cups pineapple, chopped
- 1/4 cup coconut sugar
- 1/4 cup dark rum
- 1/4 cup apple cider vinegar

### **Preparation:**

1. In a medium saucepan, combine all ingredients, bring to a boil and reduce to medium simmer until thickened and reduced by half
2. Blend until smooth