



## Mango Sauce

### INGREDIENTS:

1 each Mango, cut into cubes  
¼ cup Rice wine vinegar  
¼ cup Orange juice, concentrate

### PREPARATION:

- Warm medium sauce pan or sauce pot.
- Then place cut mango and its core along with the vinegar and orange juice.
- Let simmer until mango is really soft and ready to puree in blender.

Chef's Note: If mango is not ripe you can still cut and cook; but cook with about 1 cup of water until soft then add the vinegar and orange juice and simmer for about 5 minutes. Then puree in blender and serve with your coconut shrimp or over grilled/baked fish.

**Number of Servings: 4**

**Serving Size: ¼ cup**

**Calories: 70**

**Fat: 0**

