

Carrot & Pineapple

Ingredients

- 1 can sliced carrots, drained
- 1 (20 oz) can pineapple chunks,
reserve liquid
- 4 teaspoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1/2 cup packed brown sugar
- 1 tablespoon oil



Method

1. Combine cornstarch and cinnamon in a medium saucepan. Stir in brown sugar. Add oil and liquid from canned pineapple, mix well to dissolve clumps.
2. Bring to a boil, and stir for about 2 minutes, until thickened.
3. Stir in carrots and pineapple.

