

Dessert | Snack

Grilled Pineapple

10 Mins
Prep Time

8 Mins
Cook Time

8
Servings

51 Calories **1g** Fat **12g** Carbs **0g** Protein



Ingredients

8 Servings • **1 Pineapple Slice** Serving Size **18 Mins** Total Time **Allergens: None**

8 Pineapple Slices (~1/2" thick) 

2 Tbsp Honey

1 Tsp Extra Virgin Olive Oil

1 Tbsp Lime Juice

1 Tsp Cinnamon

Nourishment Note



Pineapple

Pineapple contains an enzyme called bromelain. Research has shown the bromelain may be beneficial for reducing inflammation in those with Crohn's disease and ulcerative colitis.

Instructions

1. Heat Grill

Heat grill pan or grill to medium-high heat. Spray grill pan with cooking spray. If using a grill, lightly oil grill grates.

2. Whisk Together Marinade

In a small bowl, whisk together the honey, extra virgin olive oil, lime juice, and cinnamon.

3. Grill Pineapple Slices

Lay pineapple slices on grill and baste tops of each slice with honey mixture. Grill for 3-4 minutes. Turn slices over and baste other side of pineapple slices. Grill for an additional 3-4 minutes, or until tender and golden.

4. Serve & Enjoy

Serve warm off the grill. Baste with more honey mixture, if desired.

Recipe adapted from: [skinnytaste.com](https://www.skinnytaste.com)

What You'll Need



Cutting Board



Knife



Small Bowl



Whisk



Measuring Spoons



Basting Brush



Grill or Grill Pan



Cooking Spray

Remission Remix

- Serve grilled pineapple with a scoop of low-fat ice cream or mixed into vanilla yogurt.