

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://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.