



GRILLED PINEAPPLE

Ingredients:

- 1 WHOLE PINEAPPLE
- 1 TBSP HONEY
- 2 TSP CINNAMON
- 1/2 TSP GINGER
- 1/2 TSP TURMERIC
- 1 TSP VANILLA
- 1/2 TSP BUTTER

Method

- SLICE YOUR PINEAPPLE INTO EVEN CIRCLES. THE MIDDLE WILL SOFTEN WHEN COOKED SO NO NEED TO DE-CORE.
- IN A LARGE BOWL, MIX TOGETHER THE HONEY, CINNAMON, GINGER, TURMERIC & VANILLA UNTIL WELL COMBINED.
- ADD YOUR SLICED PINEAPPLE TO THE MIXTURE & COAT EVERY PIECE IN FRAGRANCE.
- MELT SOME BUTTER IN A GRIDDLE PAN ON A LOW-MED HEAT. GENTLY PLACE YOUR PINEAPPLE EVENLY INTO THE PAN & COOK FOR ABOUT 3-4MINS ON EACH SIDE UNTIL CRISPY & GOLDEN.

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Nutritional Information

PINEAPPLE - LOADED WITH NUTRIENTS, PINEAPPLE'S CONTAIN DISEASE-FIGHTING ANTIOXIDANTS. ITS ENZYMES CAN EASE DIGESTION, HELP REDUCE THE RISK OF CANCER, BOOST IMMUNITY & SUPPRESS INFLAMMATION, EASE SYMPTOMS OF ARTHRITIS & SPEED RECOVERY AFTER SURGERY OR STRENUOUS EXERCISE.

HONEY - HONEY IS RICH IN ANTIOXIDANTS, GREAT ALTERNATIVE TO SUGAR FOR DIABETICS, THE ANTIOXIDANTS IN IT CAN HELP LOWER BLOOD PRESSURE, HELPS IMPROVE CHOLESTEROL, CAN LOWER TRIGLYCERIDES, PROVEN AS A HOME REMEDY FOR COLDS AND FLU, SUPPORTS HEART HEALTH.

CINNAMON- CINNAMON IS LOADED WITH ANTIOXIDANTS MAKING IT A GREAT MEDICINAL PRODUCT. CINNAMON HAS ANTI-INFLAMMATORY PROPERTIES, CAN CUT THE RISK OF HEART DISEASE, IMPROVE SENSITIVITY TO THE HORMONE INSULIN, LOWERS BLOOD SUGAR LEVELS & HAS A POWERFUL ANTI-DIABETIC EFFECT.

GINGER - THE HEALTH BENEFITS OF GINGER INCLUDE TREATING NAUSEA, EASING MENSTRUAL CRAMPS, REGULATING BLOOD SUGAR LEVELS, & RELIEVING INDIGESTION. GINGER ALSO HAS ANTIOXIDANT & ANTI-INFLAMMATORY PROPERTIES, WHICH CAN PREVENT CELL DAMAGE & HELP WARD OFF CHRONIC DISEASE.

TURMERIC - TURMERIC & ESPECIALLY ITS MOST ACTIVE COMPOUND CURCUMIN HAVE MANY SCIENTIFICALLY-PROVEN HEALTH BENEFITS, SUCH AS THE POTENTIAL TO PREVENT HEART DISEASE, ALZHEIMER'S & CANCER. IT'S A POTENT ANTI-INFLAMMATORY & ANTIOXIDANT & MAY ALSO HELP IMPROVE SYMPTOMS OF DEPRESSION & ARTHRITIS

VANILLA - ANTIOXIDANTS ARE THE MOST SIGNIFICANT BENEFIT OF VANILLA BECAUSE THEY HELP REPAIR YOUR BODY AT THE MOLECULAR LEVEL. THEY'VE ALSO BEEN LINKED TO LESSER RISKS OF VARIOUS DISEASES, SUCH AS CANCER & DIABETES. PLUS THEY HELP REDUCE THE EFFECTS OF AGING & PROMOTE MORE VIBRANT SKIN.