

Fresh for Kids®

Grilled pineapple pops



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Preparation: about 10 minutes

Cooking: about 5 minutes

Serves: 4

You'll need 8 x 20cm bamboo skewers for this recipe.

1 small pineapple, peeled

1/3 cup maple syrup

Frozen reduced fat yoghurt or ice-cream, to serve

1. Soak 8 x 20cm bamboo skewers in water for 5 minutes. Meanwhile, quarter pineapple lengthways and remove core. Cut each wedge in half lengthways. Thread pineapple lengthways onto skewers.
2. Preheat a greased char-grill or large non-stick frying pan over medium-high heat.
3. Char-grill or pan-fry pineapple, in batches, for 1–2 minutes on each side until warm. Drizzle with maple syrup and serve with frozen reduced fat yoghurt or ice-cream.

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Pineapple

- The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals.
- A good source of vitamin C, one of the vitamins involved in protecting us from infection.
- Provides dietary fibre, which is important to keep the intestine healthy and prevent constipation.

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