

UCI Health

Hawaiian grilled pineapple with whipped coconut yogurt

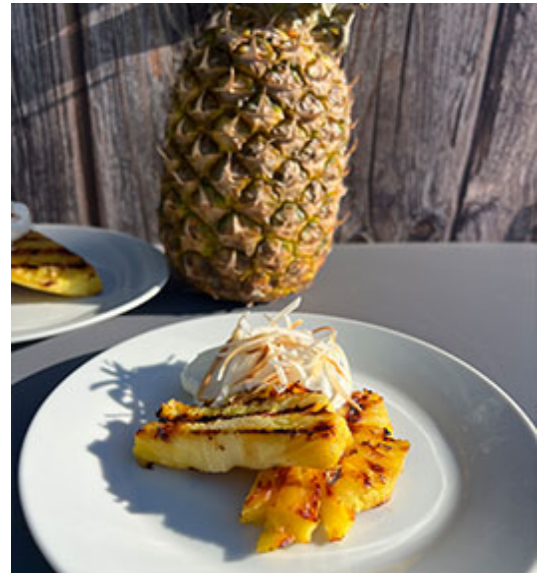
Ingredients

For pineapple

- ½ pineapple, cut into 8 horizontal, ½-inch thick slices
- 1 tablespoon avocado oil

For yogurt

- ¼ cup heavy cream
- 1 cup nonfat or low-fat Greek yogurt, coconut flavored
- 2 tablespoons maple or date syrup
- ½ teaspoon vanilla extract
- 1 tablespoon grated coconut, preferably fresh and toasted



Nutritional Information

Servings: 4

Cost: \$4.40/\$1.10 per serving

Calories: 248 per serving

Directions

- Heat grill to medium-high.
- Brush or toss pineapple with avocado oil.
- Grill 3–4 minutes per side or until grill marks form and pineapple begins to brown.
- Remove from heat and set aside.
- Whip heavy cream until stiff peaks form.
- Fold the whipped cream into yogurt, along with syrup and vanilla extract.
- Serve yogurt with grilled pineapple and garnish with toasted coconut.