



## Grilled pineapple and coconut kebabs

*A great way to get in your fruit servings! You can also try this dish using bananas.*

**Serves:** 4

**Recipe Type:** Desserts

### Ingredients

#### Main Ingredients

1 large fresh pineapple, peeled and cored  
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3 tbsp PnP brown sugar  
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125 ml dessicated coconut  
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### Method

- **Preheat** grill.
- **Cut** pineapple into evenly sized cubes and toss in brown sugar to coat. Thread onto skewers.
- **Place** skewers on a well greased, foil-lined baking tray.
- **Cook** close to grill, turning often, until sugar begins to caramelise.
- **Heat** a pan under medium heat and toast coconut until golden.
- **Scatter** over kebabs.
- **Serve** warm with vanilla ice cream or fat free vanilla yoghurt.