Grilled
Honey & Cinnamon Pineapple Skewers

Ingredients:
• 1 large ripe Pineapple
• 4 Tbs. Brown Sugar
• ½ cup Honey
• ½ cup Flaked Almonds/toasted

Equipment:
• Chopping board & nonslip mat
• Knives
• Measuring cup & spoons
• Baking tray
• Grill Pan
• Skewers, enough for 1 per serve

Method:
1. Collect all ingredients and equipment
2. Preheat oven to 200c
3. Peel the pineapple then ¼
4. Remove the core
5. Slice into chunks, place in a bowl. Add the sugar and the honey
6. Toss to coat the pineapple
7. Push onto the skewers. Continue until all pineapple has been skewered
8. Heat the grill plate
9. Place the skewers onto the heated plate
10. Cook until golden then turn and cook on the other side
11. Serve on plates, sprinkle with the toasted almonds and tongs