

Grilled Pineapple

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Zero Points on All Plans

- 1 Pineapple – peeled, cored and cut into 8 spears
- 3/4 cup zero calorie brown sugar alternative-I use Surkin Gold
- 2 tsp cinnamon
- dash salt

1. Mix sugar, cinnamon and salt together.
2. Place in shallow dish, such as a pie plate
3. Coat each spear with sugar mixture
4. Grill on high for 3 minutes per side.
5. Let cook 5-7 minutes, serve warm.

Dessert

Fruit