

Roast Pineapple

Whole roast pineapple... served with nut sprinkled coconut ice cream. This is the perfect dessert for a gorgeous sunny day like today and something we make a lot during the spring and summer months. All you need to do is:

- 🍍 Preheat the oven
- 🍍 Peel the pineapple
- 🍍 Add a teaspoon of coconut oil and a teaspoon of coconut or maple sugar
 - 🍍 Rub all over and bake at 175C for about an hour
 - 🍍 Halfway through, check on it and baste with the juices. If you want it more caramelised bake for a further 15 mins
- 🍍 It really couldn't be simpler, but it is incredibly delicious
- 🍍 Serve with vanilla or coconut ice cream (we have dairy free because hubby doesn't eat dairy) and you have a dessert everyone will love!

