**HONEY GLAZED PINEAPPLE**

Peel and slice pineapple into rings, leaving in the center. (It is the most nutritional part of the pineapple.)

Place one layer of the fruit onto a glass dish that has been massaged with coconut oil.

To one pineapple, drizzle 4 T. of a quality honey. Then sprinkle with 2 T. of ground cinnamon and 1 t. of fresh ground whole cloves.

Bake at 350° for 15 minutes. Then broil for 10 minutes.

**SUPER HONEY ON-THE-GO**

**$15.00**

WE LOVE THIS STUFF!!



