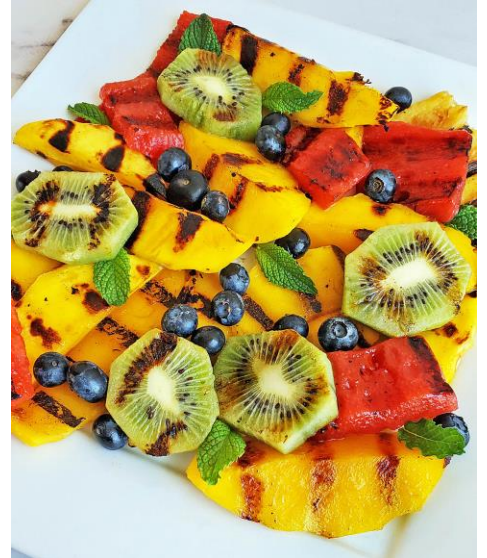


GRILLED FRUIT

Just about any fruit can go on the grill as long as they are fairly firm and not overripe.

Ideas:

- Apples
- Bananas
- Cantaloupe
- Grapes
- Mangoes
- Peaches
- Pears
- Pineapple
- Strawberries
- Watermelon



Fruit can be fragile, so cut whatever you choose into large chunks, slices, or wheels to help it maintain its structure as it heats up and breaks down. Plus, larger pieces are less likely to fall between the grates!

Pre-heat the grill to medium-high for 10 minutes, then scrape the grates before adding the fruit.

With a brush, lightly apply oil to the fruit. Melted coconut oil is a great choice!

Cook each side for about 2-3 minutes, or until grill marks have started to form.

An alternative is to use skewers. Soak bamboo skewers in water for 15-30 minutes to keep them from burning when grilled. Then thread fruit onto the skewers before grilling.

To tell when it's done, take a sample slice and see if it's hot in the middle. Denser fruit will take a little longer to cook, especially depending on how thick you cut the slices.

I love serving over ice cream, dipping in vanilla yogurt, mixing into rice, or adding into a salad.

If you have any leftovers, I would recommend chopping them up to make salsa and use within 24 hours. But this recipe is best served immediately.