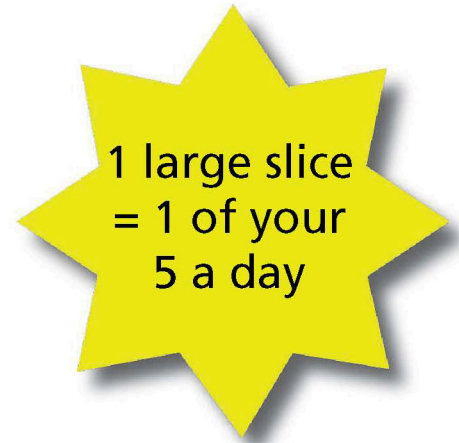
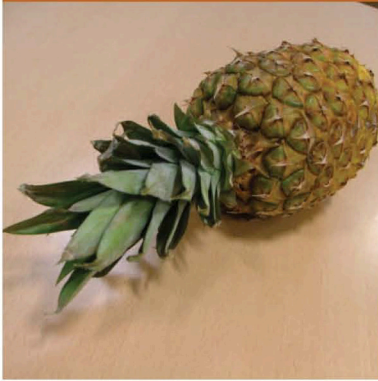


Pineapple



1 Slice leafy top from pineapple.

2 Slice around outside removing skin.

3 Cut fruit into quarters.
Slice away woody centre from each quarter.

4 Cut into chunks or slices.

Tips

Can be grilled and added to savoury dishes such as gammon.
Fresh pineapple can be added to cottage cheese or ham salad.

Can be used to sweeten cereals, such as porridge or weetabix.

