

# **Tropical Sunrise Sundaes**

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**Servings: 8**

**Preparation Time: 15 minutes**

**Grill Time: 6 minutes**

*To toast the coconut, preheat the oven to 350 degrees. Spread the coconut in a shallow baking pan and bake until golden, stirring once or twice, about 5 to 10 minutes.*

**1 fresh pineapple, peeled and cored and cut crosswise into eight rings.**

**2 tablespoons honey**

**1 quart lemon sorbet or lemon sherbet**

**1/2 cup sweetened flaked coconut, toasted**

**finely shredded lemon peel (optional)**

FOR A CHARCOAL GRILL: Grill the pineapple slices on the rack of an uncovered grill directly over medium coals for 6 to 8 minutes or until heated through, turning once and brushing with the honey during the last minute of grilling.

FOR A GAS GRILL: Preheat the grill. Reduce the heat to medium. Place the pineapple on the grill rack. Cover and grill for 6 to 8 minutes or until heated through, turning once and brushing with the honey during the last minute of grilling.

Cool slightly.

To serve, place one grilled pineapple ring into each of eight bowls.

Top with a scoop of sorbet.

Top with the toasted coconut and shredded lemon peel, if desired.

Serve immediately.

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Per Serving (excluding unknown items): 45 Calories; trace Fat (4.5% calories from fat); trace Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.