Sweet, caramel-ly air fryer pineapple! An absolutely perfect healthier dessert or side dish that you'll want to devour. Simple to make, with just 4 ingredients required and ready in under 20 minutes.

Serve this delicious treat on the side of your main course, or use it as a healthier dessert option. It's so satisfying, either way! It's similar to grilled pineapple, but no need to fire up the grill!

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About Time

- Prep Time 8 mins
- Cook Time 12 mins
- Total Time 20 mins

Ingredients

- 2 heaping cups sliced pineapple from approx. ½ small pineapple
- 1 tablespoon vegan butter or margarine melted, optional
- 2 tablespoons maple syrup
- 1 teaspoon cinnamon

Optional Chili Lime Dip

- 3 tablespoons cashew cream or vegan mayo
- 1 tablespoon lime juice approx. half a lime
- ½ teaspoon chili powder

Instructions

1. Peel, core and slice your pineapple and place about 2 heaping cups worth in a mixing bowl.
2. Combine the melted butter, maple syrup and cinnamon in a small bowl, then pour it over your pineapple slices. Mix gently to even coat the slices.
3. Then place them in a single layer (slightly overlapping is fine) in your fryer basket and air fry at 380 degrees F for 12-15 minutes, or until caramelized. Flip the pineapple once at the halfway point.
4. Enjoy warm or cold, as a side dish or dessert.

Optional Dip

- If making the chili lime dip, combine the 3 ingredients in a small bowl while your pineapple is cooking.

Notes

Don’t dump the pineapple slices into your fryer basket. Instead, spoon them in one at a time to avoid breaking them, and prevent excess liquid from dripping down below your basket and smoking.Leftovers keep refrigerated in a sealed container for 2-3 days.

Amount Per Serving

Calories: 90kcal | Carbohydrates: 18g | Protein: 1g | Fat: 2g | Sodium: 24mg | Potassium: 116 mg | Fiber: 1g | Sugar: 14g | Vitamin A: 183IU | Vitamin C: 39mg | Calcium: 27mg | Iron: 1mg