

Pineapple, Berries, Nut Butter, Yogurt, Jam & Dried Fruit



TIP: This is a fully-flavorful (and just as fully nutritional) example of how I improvised on Pineapple, Yogurt and Dried Fruit. As always, the added ingredients you see below are just suggestions. Imagination and your own personal taste are your only limits.

Needed

Ripe Pineapple

Fresh Berries (I'm using blueberries, but any fresh berries will work)

Nut Butter

Plain (or any) Yogurt (I'm using Greek yogurt for its flavor and high protein content, but any yogurt will work)

Favorite Jam

Kefir (liquid yogurt, full of good bacteria)

Ground Flax and Chia Seeds and Nutritional Yeast

Dried Fruit

Bowl

Tablespoon

Cutting Board

Sharp Knife



1. Cut a 1 - 1 1/2 inch (25-35 mm) lengthwise slice of **fresh pineapple** and remove the **tough fibrous core** as shown in the picture to the right below.



Cut the **pineapple fruit** from the pineapple rind as shown below.



Make 2 optional lengthwise cross grain cuts for smaller bite sized pieces



Then cut the lengthwise strips in cross section into bite sized pieces about 1/2 inch (12 mm) wide and put them in a bowl.



2. Rinse a handful of berries and add them to the pineapple in the bowl.



3. Top with about 1/2 tablespoon of nut butter, 1 tablespoon of yogurt,...



...a good shake (1-2 tablespoons) of ground flax and chia seeds and nutritional yeast (optional), a good shot of kefir and...



...1/2 handful of dried fruit,...



...cut lengthwise and in cross section, if needed, as shown below,...



... so that, all together, what you have looks about like this.

