

# Tropical Grilled Pineapple Parfaits

THM-Friendly: E

- 3 to 4 large chunks of fresh pineapple (somewhere around 3/4 cup)
- 2 Tbsp. THM [Super Sweet](#)
- 1/4 tsp. [blackstrap molasses](#)
- 1/2 small banana cut into small pieces
- 1 cup non-fat plain Greek yogurt
- 1/4 tsp. [coconut extract](#)
- 1/4 tsp. [banana extract](#)
- 1 tsp. THM [Gentle Sweet](#)
- 1/4 cup uncooked old-fashioned oats

In a small bowl, mix molasses and Super Sweet together until well combined and resembling brown sugar. Spread a thin layer over each piece of pineapple.

Grill the pineapple until warmed through and you have nice grill marks, or the pineapple is a golden brown. Remove from heat and cut into small chunks.

In another bowl, combine yogurt, extracts, and Gentle Sweet.

In a tall glass, layer yogurt, bits of banana, pineapple, and a sprinkle of oats. Alternately layer until the glass is full and ingredients are used.

Now go put on a big sun hat and get some suntan lotion. Go outside, sit in a lawn chair, slather yourself in suntan lotion, and eat the parfait like a beach goddess.

It's ok if it's 42 degrees and almost winter.

enJOY!

