

Honey Lime Roasted Pineapple Recipe That Tastes Like Summer in Every Bite

1 fresh pineapple, peeled, cored, and cut into spears or rings



OVEN
400°F

TIME
20 to 25 min

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INGREDIENTS

- 1 fresh pineapple, peeled, cored, and cut into spears or rings
- 2 to 3 tablespoons honey
- Zest of 1 lime
- 2 tablespoons fresh lime juice
- 1 tablespoon melted butter or coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- Pinch of salt
- Optional garnish: chopped mint, toasted coconut, or extra lime zest

DIRECTIONS

1. Preheat your oven to 400°F. Lightly grease a baking dish or line a sheet pan with parchment paper.
2. In a small bowl, whisk together the honey, lime zest, lime juice, melted butter or coconut oil, vanilla, cinnamon, and salt.
3. Arrange the pineapple pieces in a single layer on the prepared pan.
4. Brush or spoon the honey lime mixture evenly over the pineapple, making sure all sides are coated well.
5. Roast for 20 to 25 minutes, turning once halfway through, until the pineapple is tender and lightly caramelized around the edges.
6. For deeper color, broil for 1 to 2 minutes at the end, watching carefully so the sugars do not burn.
7. Remove from the oven and let cool slightly before serving. Garnish with mint, toasted coconut, or extra lime zest if desired.

SWAPS & NOTES

Fresh pineapple is best here because it holds its shape and develops the best roasted texture.

If you are using pre-cut pineapple, just make sure the pieces are large enough that they will not become too soft in the oven.

You can swap the honey for maple syrup if you want a different sweetness profile.

Coconut oil works well instead of butter if you want to keep the flavor more tropical.

TIPS FOR SUCCESS

Use a ripe pineapple for the best flavor.

It should smell sweet at the base and have a little give when pressed.

If the fruit is underripe, roasting will still help, but it will not taste quite as juicy or fragrant.

Giving the pineapple some space helps it roast instead of steam.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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