



***Pineapple-Coconut Marinade***  
***(protein: chicken, fish, seafood)***

- 1 garlic clove, minced
- ½ cup pineapple juice
- ⅓ cup light coconut milk
- ¼ cup fresh lime juice
- 2 tablespoons honey
- 2 tablespoons canola oil

To prepare marinade, combine all ingredients except the oil in a bowl, then slowly drizzle in the oil while whisking to emulsify the marinade.

*Approximate nutritional values per 2 tablespoons:  
50 Calories, 3g Fat (1g Saturated), 0mg Cholesterol,  
3mg Sodium, 6g Carbohydrates, 0g Fiber, 0g Protein*