

Pineapple



The prickly outside might be intimidating, but the juicy sweetness is worth it!

Try it!

One bite of a pineapple gives you a burst of fresh tropical flavor, perfectly balanced of sweet and tart.

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**Fruit
FUN!**



Fun Facts:

- It takes almost 2 years for one pineapple to grow!
- Pineapples are used in deserts but also are used in main food dishes like pizza.

Nutrition

Pineapples contain enzymes that give it that tangy taste, but they also help improve your digestion and improves your immune system to help fight colds.

