

Broiled Grapefruit Recipe

Taken from www.marthastewart.com

INGREDIENTS:

- 1 grapefruit, halved
- ½ tablespoon light-brown sugar or honey
- ¼ teaspoon ground cinnamon
- ½ cup of coconut or almond milk yogurt

PREPARATION:

Heat broiler with rack set 4 inches from heat. With a knife, loosen segments from membrane (you can separate the bottom segments from the membrane by gently poking the knife through the center hole at an angle. When you feel the resistance, apply a little pressure). Sprinkle the grapefruit with sugar (or honey) and cinnamon. Broil on a baking sheet until tops are slightly browned (4-10 minutes depending on your oven temperature). Top with a dollop of yogurt and garnish with more cinnamon.

NOTES FROM THE COOK:

Breakfast