

Broiled Grapefruit with Rosemary & Sea Salt



Serves: 2-4



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

2 grapefruits
4 tablespoons brown sugar or cane sugar
1 tablespoon chopped fresh rosemary
1 pinch ground ginger
1 pinch ground cinnamon
1 pinch flaky sea salt

PREPARATION

1. Preheat broiler.
2. Trim off both ends of grapefruit making the grapefruit flat. This is just a small cut, which helps the grapefruit not wiggle back and forth. Cut the grapefruits in half and place flesh down on a paper towel.
3. Place the grapefruit halves in a baking dish or baking sheet face up. Sprinkle the mixture, about 1 tablespoon per half. Broil for 7-9 minutes. Remove and let cool a few minutes before serving.
4. Serve with yogurt, granola, ice cream, or simply enjoy on its own.