

Broiled Grapefruit



Ingredients:

- 2 large grapefruits, well chilled
- 2 tablespoons cup firmly packed light brown sugar
- 2 tablespoons unsalted butter, melted or coconut oil
- 1 teaspoon ground cinnamon

Directions:

Preheat the broiler.

Cut each grapefruit in half.

Using a pairing knife, cut around each segment to loosen it from the peel. Place the halves upright in a baking dish.

In a small bowl, stir together the brown sugar, butter or coconut oil and cinnamon. Spread the mixture evenly over the grapefruit halves. Slip under the broiler about 4 inches from the heating coils and broil until the sugar is bubbly, 2 to 3 minutes.

Transfer each grapefruit half to an individual dish and garnish with a mint sprig or berries. Serve immediately. Serves 4.

Adapted from Williams-Sonoma Kitchen Library Series, *Breakfast*