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Sweet and Savory Broiled Grapefruit

Prep Time: 5 min. Cook Time: 6 min.

Serving size: 1 grapefruit

Recipe makes 2 servings

Ingredients:

2 large grapefruits

1 tsp coconut oil, melted

2 tbsp raw honey

1/8 tsp pure vanilla extract

Sea salt to taste

Lemon zest to taste

Directions:

1. Cut grapefruits in half.
2. Slice or separate fruit from rind, but don't remove fruit.
3. Combine coconut oil, honey, and vanilla in a small bowl. Brush grapefruit with mixture.
4. Place grapefruits on baking sheet and broil for about 6 minutes.
5. Remove from oven and sprinkle with sea salt and lemon zest.