

ELDERBERRY CINNAMON BAKED GRAPEFRUIT

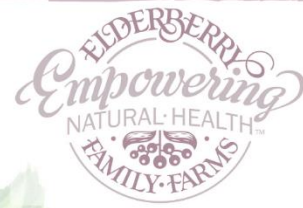
Ingredients:

- 1 grapefruit, halved
- 2 tsp Elderberry Syrup, divided
- 3 tsp brown sugar, divided
- 1/2 tsp cinnamon, divided

Preheat the oven to 400 degrees. Line a baking dish with parchment paper. Halve the grapefruit and remove the visible seeds. Cut the grapefruit around each segment with a small paring knife. Arrange the halves on the baking sheet. Drizzle each half with 1 tsp Elderberry Syrup, and sprinkle generously with cinnamon, a little less than 1/4 tsp on each half.

Bake for about 15 minutes. Remove grapefruit from oven and sprinkle each half with 1 1/2 tsp brown sugar. Increase oven heat to broil. Return to oven and broil for about 1-2 minutes. Remove from oven, cool slightly, and serve warm. Serves 2
Enjoy!

Recipe by Anne Marck



Helpful Tip:

Each grapefruit half may be served with a dollop of vanilla yogurt on top as garnish.

If you haven't tried baked grapefruit, you don't know what you are missing. And if "sour" is the only word that comes to mind in relationship to this fruit, you definitely haven't enjoyed it as the luscious fruit that it can be.

Let us explain.

We drizzled a bit of Elderberry Syrup on our halved grapefruit, followed by a generous sprinkling of cinnamon, all topped off with another generous sprinkling of brown sugar. A few minutes in the oven and under the broiler, and voila!

Gourmet breakfast food.