



Baked Grapefruit

This makes a wonderful breakfast addition or can also be enjoyed as a tasty dessert. The Demerara Sugar makes this taste suspiciously of Rum and smells amazing when it comes out the oven.

Ingredients

- 1 Ruby Grapefruit
- 3 Tbsp Demerara Sugar
- ½ tsp Cinnamon



Method:

Preheat the oven to 180C and line a baking tray with baking paper.

Cut the grapefruit in half and slice a little of the skin off the bottoms to allow them to be stable.

Using a paring knife, slice round all the segment membranes to loosen the flesh.

Pile the sugar on the grapefruit and then sprinkle a little cinnamon on top.

Bake for 15 – 20 minutes until the sugar has caramelised.

Serve as is for breakfast or top with whipped Vegan Cream for dessert.