

BROILED GRAPEFRUIT

Peel a grapefruit and an orange and place in a glass or ceramic baking dish.

Drizzle 1 T. of local, organic honey on the citrus.

Grind in a coffee grinder: 4 whole cloves, ½ t. chia seeds, 1 t. cocoa nibs, ½ t. cinnamon

Sprinkle all of this over the citrus.



Broil for 5 to 7 minutes. Drizzle 1 T. of hot or cold tea on it all.



ENJOY!