

Grapefruit & Melba Toast

Prep Time: 5 Min **Total Time:** 5 Min

Serves 1

Ingredients

1/2 grapefruit

Melba toast

Instructions

- 1 If you have to eat early in the day you may enjoy a good grapefruit. We have found that the best grapefruits can be purchased at Costco. They are very large and very tasty. Your portion is 1/2 a grapefruit.
- 2 Growing up my mom always cut a grapefruit in half and I had to dig it all out. Now I like to peel the grapefruit and then I take a couple minutes and peel the skin off the flesh. Very tasty.
- 3 Enjoy with a Melba Toast or Bread Sticks.

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