



The Gathered Green
ABN: 60 149 134 643
P: 0409 841 048
jane@thegatheredgreen.com.au

BROILED GRAPEFRUIT WITH GLUTEN-FREE STREUSEL

Thank you to picturetherecipe.com for this recipe and picture.

Serves 2

Ingredients

- 2 grapefruits (or 4 smaller grapefruits)
- 1/3 cup chopped walnuts/pecans
- 2 tablespoons almond flour
- 2 tablespoons shredded unsweetened coconut
- ¼ teaspoon salt
- ¼ teaspoon cinnamon powder
- 1 tablespoon organic coconut oil, melted
- 1 tablespoon, plus 1 tablespoon extra of pure maple syrup





The Gathered Green

ABN: 60 149 134 643

P: 0409 841 048

jane@thegatheredgreen.com.au

Method

Mix together all the dry ingredients (chopped walnuts, almond flour, shredded coconut, salt and cinnamon).

Pour in the melted coconut oil and 1 tablespoon of maple syrup and mix the streusel topping well, set aside.

To prepare the grapefruit, cut a silver off both ends of the grapefruit to create a flat surface for them to sit, then cut it in half.

To make the grapefruit easier to eat, using a paring knife, cut around the edges where the fruit meets the rind, then around the centre white part, removing any seeds as you go along. You can pull the white pith out with your fingers if you wish. Next, run the knife between the segments of grapefruit to loosen them. Repeat for all the grapefruit halves.

Place the grapefruit halves, cut side up on a baking sheet or oven proof pan and drizzle a little maple syrup over each half.

Spoon over a little of the streusel topping on each of the grapefruits. Place them under the oven broiler on low until the grapefruit starts to bubble, caramelize and turn golden brown (about 5 to 7 minutes). Rotate the pan as needed when broiling and keep a close eye on the grapefruit to ensure they don't burn.

Serve warm as it, or with a dollop of Greek yoghurt or coconut yoghurt and a sprig of mint for garnish.

Enjoy!

Jane

