

Caramelised Grapefruit Bowl

200g frozen grapefruit	50g granola
2 tbsp brown sugar	nuts and seeds
1 tsp butter	raisins
125g coconut yoghurt	dried cranberries

METHOD. Heat the butter over medium heat in a non-stick pan. Add the brown sugar to the pan and stir until it forms a caramel-like sauce. Add the frozen grapefruit to the pan, and cook for 5 min, until it is caramelised and golden brown on the edges. Add the yoghurt and the grapefruit to a bowl, and decorate with your favourite toppings.

