

Frozen Grapefruit Spears

Ingredients

- ½ grapefruit in slices or segments
- 2 tablespoons lemon juice
- Pinch of lemon zest
- Powdered Stevia to taste

Directions

1. Dip grapefruit chunks in lemon juice and coat with Stevia and lemon zest.
2. Freeze until firm and enjoy as an icy treat.

Makes 1 serving (1 fruit)
1 gram protein
0 fat
50 calories

