

MINTED GRAPEFRUIT & ORANGES

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 C chopped mint
2 TBS sugar
1/4 C water
1 grapefruit
2 oranges
Mint leaves to garnish

DIRECTIONS:

To prepare the mint syrup: in small saucepan, combine mint, sugar & 1/4 C water - bring to boil - reduce heat & simmer 3 minutes - remove from heat - let cool 10 minutes.

Meanwhile, remove skin & membranes from grapefruit. Over a medium bowl, cut grapefruit into sections. Remove skin & membranes from oranges. Cut each crosswise into 4 slices - combine with grapefruit sections.

Strain mint syrup over fruit, squeezing any juice from the leaves - refrigerate, covered, till chilled. Serve, garnished with the mint leaves.

Makes 4 servings

(per serving: 73 calories; 0g total fat; 0g saturated fat; 0mg cholesterol; 0mg sodium, 18g total carbohydrates; 2g dietary fiber; 1g protein, 40mg calcium - WW points per serving: 1)