

Avocado and Grapefruit Salad



Ingredients	
lettuce, mixed greens, torn	8 cups
grapefruit, peeled and sectioned	2
avocado, pitted, peeled, and sliced	1
tablespoon vinegar, raspberry	2
tablespoon avocado oil, or olive oil	2
tablespoon water	1
teaspoon sugar	1
teaspoon salt	1/8

Nutritional Information		
(per serving)	large	small
Calories (k/cal)	134	
Fat (g)	9	
Saturated (g)	1	
Monounsaturated (g)		
Polyunsaturated (g)		
omega - 3 (g)		
omega - 6 (g)		
Carbohydrates (g)		
fibre (g)	4	
sugars (g)	7	
Protein (g)	2	

Instructions

Serves 6

On a large serving platter or 6 individual salad plates, arrange the mixed salad greens and/or spinach, grapefruit sections, and avocado slices.

For dressing, in a small bowl, whisk together raspberry vinegar, avocado or olive oil, the water, sugar, and salt. Drizzle over the salad mixture.

Variation and Options

Apple Cider vinegar, Raw cane or coconut sugar, Pink Grapefruit, Radish for a bit of crunch