



Summer Salad with Grapefruit Vinaigrette

4 servings
20 minutes

Ingredients

4 cups Arugula
1/2 cup Strawberries (sliced)
1/2 cup Raspberries
1/2 cup Blueberries
1/2 cup Pecans (toasted)
1 Avocado (peeled and diced)
1/4 cup Basil Leaves (chopped)
1/2 Grapefruit (juiced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar

Directions

- 1 Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
- 2 Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

Nutrition

Amount per serving	
Calories	267
Fat	23g
Carbs	15g
Fiber	7g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	10mg
Vitamin A	1009IU
Vitamin C	36mg
Calcium	64mg
Iron	1mg
Selenium	1µg