

Grapefruit Smoothie Bowl

INGREDIENTS

- 1 red grapefruit (peeled and sectioned)
- 1-2 bananas (peeled)
- 1 cup of No Sugar Added Pineapple Chunks
- 1 cup of vanilla Greek yogurt
- Preferred toppings

2 SERVINGS
10 MINUTES



Adapted from:
Simply Stacie



PROCEDURE

1. Add ingredients to blender and blend on high.
2. Add an extra banana for extra thickness if preferred.
3. Pour smoothie into bowl and arrange toppings on top.
4. Serve immediately.

Broiled Grapefruit

INGREDIENTS

- 2 grapefruits
- 2 tbsp of brown sugar
- 1 tsp of cinnamon
- 1 cup of plain nonfat Greek yogurt (optional)

4 SERVINGS
15 MINUTES



Adapted from:
[Snacking in Sneakers](#)



PROCEDURE

1. Slice grapefruits in half and place on a baking sheet, cut side up.
2. Set broiler to high
3. In a small bowl, mix brown sugar and cinnamon.
4. Spoon sugar mixture onto the grapefruit halves.
5. Place baking sheet on top rack of oven
6. Broil grapefruit for 5-7 minutes or until sugar caramelizes.
7. Remove from oven and top with yogurt.
8. Serve and eat with a spoon.

Grapefruit Ginger Smoothie

INGREDIENTS

- 1 grapefruit (peeled and sectioned)
- 1 medium carrot (peeled)
- 3-4 dates
- 2 inches of ginger (peeled)
- 1 cup plain Greek yogurt

1 SERVING
5 MINUTES



Adapted from:
Natalie's Health



PROCEDURE

1. Put all ingredients into blender.
2. Blend until smooth.
3. Serve and top with any preferred toppings.

Chocolate Grapefruit

INGREDIENTS

- 1 lb of melting dark chocolate
- 3 grapefruits (peeled and sectioned)
- Toasted nuts (optional)

30 PIECES
30 MINUTES



Adapted from:
[She Wears Many Hats](#)



PROCEDURE

1. Melt chocolate according to package instructions.
2. Line a baking sheet with wax paper.
3. Carefully dip grapefruit sections one at a time, allow excess drip to fall off.
4. Place dipped sections onto wax paper.
5. Once all sections covered, place baking sheet in refrigerator for ~10 minutes.
6. Serve right away or cover in refrigerator until ready to serve.

Grapefruit Green Tea

INGREDIENTS

- 2-3 grapefruit slices
- ½ cup of grapefruit juice
- pinch of salt
- 2 tsps of maple syrup
- 1 ½ cups of brewed jasmine tea (cold)
- ⅛ tsp of rosewater, optional

1 SERVINGS
10 MINUTES



Adapted from:
[Delicious not Gorgeous](#)



PROCEDURE

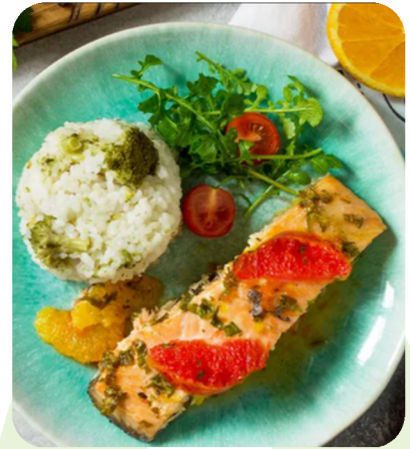
1. Fold grapefruit slices into a glass.
2. Add all ingredients into the glass, stir to combine.
3. Serve cold.

Grapefruit Baked Salmon

INGREDIENTS

- 1 grapefruit (peeled and sectioned)
- 4 salmon fillets
- $\frac{1}{4}$ cup of olive oil
- 3 cups cilantro (chopped)
- 4 garlic cloves
- 1 jalapeno
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp ground black pepper
- $\frac{1}{2}$ tsp cumin

4 SERVINGS
30 MINUTES



Adapted from:
Lose It!



PROCEDURE

1. Preheat oven to 400 degrees F.
2. Line a baking sheet with foil and place salmon fillets on it.
3. In a blender, blend the cilantro, grapefruit, olive oil, garlic cloves, jalapeno, cumin, salt, and pepper. Mix until smooth.
4. Use $\frac{1}{2}$ cup of blended sauce to top fillet. Save remaining $\frac{1}{2}$ for later.
5. Bake salmon for 15-17 minutes or until internal temperature reaches 145 degrees F.
6. Remove from oven, top salmon with remaining sauce, and serve.

Kale Citrus Salad

INGREDIENTS

Salad

- 4 cups of chopped kale
- 1 grapefruit (peeled and sectioned)
- 1 tart apple (cored and chopped)
- ¼ cup of dried cranberries

Pickled Onions

- ¼ red onion (sliced)
- ⅓ cup of red wine vinegar
- 1 tbsp of sugar
- 2 tbsp of water

Dressing

- 3 tbsp of red wine vinegar
- 1 tbsp of Dijon mustard
- ½ tbsp of honey
- ⅓ cup of olive oil

4 SERVINGS
30 MINUTES



Adapted from:
Minimalist Baker



PROCEDURE

1. Mix onion with red wine vinegar, water, and sugar in small bowl while stirring to dissolve.
2. Let onion bowl set in fridge.
3. Add kale to large bowl with 1-2tsp of olive oil.
4. Add apple, grapefruit, and cranberries into bowl.
5. Prepare dressing by whisking dressing ingredients in another small bowl. (Add salt and pepper to taste)
6. Remove pickled onions from fridge and add to salad.
7. Add dressing over combined salad, toss, then serve.

Citrus Melon Salad

INGREDIENTS

- 1 ½ cup cantaloupe (cubed)
- 1 ½ cup honeydew (cubed)
- 2 grapefruits (peeled and sectioned)
- 2 oranges (peeled and sectioned)
- 2 bananas (peeled and sliced)
- 1 8oz can unsweetened pineapple chunks (undrained)
- ½ cup orange juice
- 2 tbsp honey
- 1 tbsp minced mint
- 1 tsp minced ginger

8 SERVINGS
20 MINUTES



Adapted from:
<https://www.eatingwell.com>



PROCEDURE

1. Combine all ingredients in bowl and serve.
2. Refrigerate, covered, if not serving.