



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	276
Fat	24g
Saturated	3g
Polyunsaturated	5g
Monounsaturated	15g
Carbs	16g
Fiber	7g
Sugar	7g
Protein	3g