

Grapefruit Vinaigrette

Ingredients

- Juice of 3 segments of grapefruit
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar (optional)
- Stevia to taste

Directions

1. Combine juices and vinegar.
2. Add Stevia to taste.
3. Pour over mixed green salad and top with remaining grapefruit segments.
4. Use as a marinade for fish, shrimp or chicken.
5. Add salt and fresh ground pepper.

Makes 1-2 servings (1 fruit when you eat the remainder with your meal)
0.5 gram protein
0 fat
25 calories

