

GRAPEFRUIT VINAIGRETTE

MAKES: 1-1/2 cups (12 servings = 2 Tablespoons each)

INGREDIENTS

- 1 grapefruit, juiced
- 1 Tablespoon apple cider vinegar
- 3/4 Tablespoon salt
- 1-1/2 Tablespoons honey
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1/4 cup olive oil*

*Use vegetable oil, walnut oil, or flaxseed oil instead.

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DIRECTIONS

Peel and juice the grapefruit into a small bowl. Then pour into another bowl using a mesh strainer to catch the seeds. Discard the seeds. Then mix with the rest of the ingredients in a container or jar that can be sealed well. Shake until ingredients are well combined. Serve with salad.

Note: Serve with lighter greens such as spring mix, spinach, or romaine so as not to overpower the delicate flavor of the dressing. Add a small amount of grapefruit zest (grated grapefruit peel) to enhance the grapefruit flavor.

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