

Grapefruit

Nutritional Facts

One half of a medium grapefruit contains:

- **Calories: 52**
- **Carbs: 13 grams**
- **Protein: 1 gram**
- **Fiber: 2 grams**
- **Vitamin C: 64% of the RDI**
- **Vitamin A: 28% of the RDI**
- **Potassium: 5% of the RDI**
- **Thiamine: 4% of the RDI**
- **Folate: 4% of the RDI**
- **Magnesium: 3% of the RDI**

Ideas for ways to enjoy Grapefruit:

- Squeeze grapefruit juice into green tea or add a slice to your cup!
- Bake grapefruit with spices and eat with yogurt and granola (recipe on the back)
- Sprinkle half a grapefruit with salt – coarse if you have it – and use it to scrub away anything from rust spots to limescale. It also works a treat on copper saucepans.
- To loosen oily splatters in the microwave, nuke a halved grapefruit in a bowl of water for three minutes on High. Remove the bowl and wipe the microwave down with a paper towel.

Grapefruit is a tropical citrus fruit known for its sweet and somewhat sour taste.

It's rich in nutrients, antioxidants and fiber, making it one of the healthiest citrus fruits you can eat.

Red grapefruit is noticeably sweeter than white grapefruit, despite the fact that they have comparable sugar content.



Grapefruit Juice

- 1 whole grapefruit
- 1 small apple
- 2 medium carrots
- Tea towel, cheese cloth, or nut milk bag



1. Slice the grapefruit into quarters. Peel the skin off each piece, trying to remove the white pithy section as you peel it. Place fruit into the blender.
2. Cut the apple and remove the seeds. Cut into 1" cubes. Place in blender.
3. Cut the ends off the carrots and slice into 1" or smaller pieces. Add to blender.
4. Blend for 1-2 minutes. You can add 1/4 cup of water if things aren't blending well.
5. Use a tea towel, 4-5 layers of cheese cloth, or a nut milk bag to strain the juice. Place the fabric over a large mixing bowl and pour the juice into the nut milk bag. Squeeze & twist GENTLY to slowly push the juice through while leaving the pulp behind. If using cheese cloth or a tea towel, you can layer the material on top of a strainer.



Baked Grapefruit

Here are 3 different ways to flavor your baked grapefruit.

1. Pre-heat oven to 400, & line a baking sheet with parchment paper. Cut the grapefruit in half. Place them on the baking sheet.
2. Pick one of the spice combinations from below and add to the grapefruits.
3. Bake for 17 minutes & enjoy! All taste amazing with some yogurt & granola!

Honey, Vanilla and Cardamom

- 1 teaspoon vanilla extract
- 1 teaspoon honey or maple syrup
- ¼ teaspoon cardamom
- pinch salt

Honey Ginger Rosemary

- 1 teaspoon fresh ginger, grated or finely chopped
- 1 teaspoon honey or maple syrup
- pinch salt
- small sprig rosemary

Warming Spices

- 1 teaspoon fresh ginger, grated or finely chopped
- 2 pinches cinnamon
- pinch nutmeg
- pinch cardamom
- pinch salt