



SALADS

CITRUS BLISS

INGREDIENTS

- 5 leaves of bok choy (or 3 handfuls of spinach)
- 1 large orange
- 1 grapefruit
- zest & juice of 1/2 lime
- 1 avocado
- handful of mint leaves
- 1 Tbsp maple syrup
- pomegranate seeds

PREPARATION

1. Peel the orange and grapefruit and chop into bite size chunks.
2. Chop bok choy and combine all the ingredients in a big bowl.
3. Add maple syrup, lime zest and juice, combine well. Top with pomegranate and avocado and you can sprinkle some hemp seeds on top.
4. Enjoy solo or as a side dish.