



## Grapefruit and Apple salad (LS)

Serving: 1

Veg

### *Ingredients*

- Segmented grapefruit 1/2 cup
- Julienned apple 1/2 cup
- 1 inch ginger chopped finely
- 1 tbsp chia seeds
- 5 almonds sliced
- 1 tbsp Pumpkin seeds

### *Preparation Method*

- Mix All together in a big bowl , Except nuts and seeds
- While serving , garnish with chia seeds , almonds and pumpkin seeds
- Enjoy