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Grapefruit and Apple salad (LS)

Serving: 1 Veg

Ingredients

- Segmented grapefruit 1/2 cup
- Julienned apple 1/2 cup
- 1inch gnger 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, amlonds and pumpkin seeds
- Enjoy