

## ARUGULA CITRUS SALAD WITH COCONUT OIL



### INGREDIENTS

- 2 C Orange segments (including juice)
- 2 C Grapefruit segments (including juice)
- 1 C Pineapple (fresh) (diced) (including juice)
- 4 C Arugula (lightly packed) (baby)
- 2 T Coconut canola oil blend

### DIRECTIONS

- 1 Drain the fruit, reserving 6 T of the juice in a small bowl
- 2 Divide the arugula among 4 - 6 salad plates & top with the orange & grapefruit sections
- 3 Sprinkle with the pineapple
- 4 Whisk the coconut oil into the fruit juice & season with salt to taste
- 5 Drizzle the dressing over each salad

### NOTES

Serves 4 - 6

