

Florida GRAPEFRUIT



SWEETEN THINGS UP

with Florida Grapefruit and 100 Percent Florida Grapefruit Juice

Banish bland meals for good and let the vibrant flavors of Florida grapefruit give your menu a makeover! While this citrus treat is great on its own, it also makes the perfect complement to other foods by adding a unique punch of flavor, taste and nutrients to your everyday dishes. After all, grapefruit is one of the more versatile fruits and juices available and can easily fit into every woman's regimen to keep her looking and feeling her best. Grapefruit makes a sweet and tangy addition to citrus salsas, salads and post-workout smoothies. A better meal makes for a better you, so eat and drink up!

Florida grapefruit segments add tangy sweetness that pairs well with many flavors and textures.

- 🍷 Use as a topping on cereal, waffles, pancakes, or in a low-fat yogurt parfait.
- 🍷 Use in fruit salads by combining red and white grapefruit varieties for a rainbow grapefruit salad, or add it to other sweet fruits such as apples and raisins.
- 🍷 Use in stir fry with shrimp to add a punch of tangy flavor and great texture.
- 🍷 Create delicious grilled kabobs using better-for-you ingredients such as fish, skinless chicken breast, or lean cuts of pork or beef, a mix of vegetables and fresh grapefruit.
- 🍷 Add to homemade salsas for a fruity kick.



Florida grapefruit toppings can add extra sweetness to the tanginess of fresh grapefruit.

- 🍷 Bake half of a Florida grapefruit with a topping of brown sugar for a twist on the traditional breakfast treat.
- 🍷 Top with a spoonful of honey or maple syrup.
- 🍷 Dash it with cinnamon, nutmeg or cloves.



Florida grapefruit juice adds exciting, juicy flavor.

- 🍷 Add grapefruit juice to fruit punches to create a thicker texture and tangy taste.
- 🍷 Marinate chicken in grapefruit juice for mouth-watering flavor.
- 🍷 Prepare salad dressings with grapefruit juice instead of vinegar for a citrus flavor burst.
- 🍷 Freeze grapefruit juice in ice pop holders for a delicious frozen treat.
- 🍷 Blend grapefruit juice into smoothies for extra zing.

