



# Recipes

## Dessert

### **Grapefruit Sunrise**

*Prep Time: 5 minutes*

*Yield: 2 servings*

#### **Ingredients:**

Juice of 2 grapefruits

Juice of 4 oranges

1 cup of fresh or frozen strawberries

2 teaspoons of honey

Sections from 1 grapefruit

1/2 cup of sliced strawberries

#### **Directions:**

1. Place grapefruit juice, orange juice, 1 cup of strawberries, and honey in blender and blend until smooth.
2. Strain into 2 chilled glasses.
3. Top with grapefruit sections and sliced strawberries.

#### **Note:**

Chill the fruit first for cold juice or add some ice cubes while blending.