

Florida GRAPEFRUIT

Sweeten things up WITH FLORIDA GRAPEFRUIT AND 100 PERCENT FLORIDA GRAPEFRUIT JUICE

This year, grapefruit is the new black! This citrus treat is great on its own and pairs perfectly with a number of foods to provide the perfect punch of flavor and taste to your everyday dishes. After all, grapefruit is one of the most versatile fruits and juices available and should be a part of any woman's regimen for a glamorous moment. Grapefruit makes a sweet and tangy addition to citrus salsas, salads and post-workout smoothies. So, eat and drink up, Gorgeous!

FLORIDA GRAPEFRUIT SEGMENTS add tangy sweetness that pairs well with many flavors and textures.



- Use in stir fry with shrimp to add a punch of tangy flavor and great texture.
- Use in fruit salads, such as combining red and white grapefruit varieties for a rainbow grapefruit salad, or add it to other sweet fruits such as apples and raisins.
- Use as a topping on cereal, waffles, pancakes, or in a low-fat yogurt parfait.
- 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 nutritious frozen treat.
- Blend grapefruit juice into smoothies for extra zing.

For more information, please visit www.GoFloridaGrapefruit.com