



Prune & Grapefruit Salad

SERVES 1

Ingredients

- 1 100g grapefruit
- 2 prunes
- 2 tablespoons fresh parsley
- 1 tablespoon pine seeds



Method of preparation

1. Peel and cube grapefruit.
2. Pluck the parsley leaves off the stem, discard the stem.
3. Slice the prunes.
4. Toast the pine seeds.
5. Mix all the ingredients and refrigerate.

Nutrition Information Per Serving

Energy	123kcal
Carbohydrates	20g
Protein	2g
Total fat	7g
Saturated fat	0.5g
Cholesterol	0mg
Dietary fibre	3g
Sodium	4g
Potassium	281mg
Carbohydrate exchange	~1.5 exchange

About the author: Kohila Govindaraju is an accredited nutritionist and director of THE BERRIES Nutrition Consulting, an avid blogger (kohilag.wordpress.com) and prolific author of magazine articles on food and nutrition, including a book titled How to Lose Weight Without Hunger published by PatientsEngage.