

# Avocado, grapefruit and spinach salad



## **Ingredients needed:**

- 6 ounce fresh baby spinach or 8 cups fresh baby spinach and/or assorted torn greens
- 1 cup fresh raspberries
- 2 grapefruits, peeled and sectioned
- 2 avocados, pitted, peeled and sliced
- Several dashes of chili powder
- 1/4 cup raspberry vinegar
- 1/4 cup avocado oil or olive oil
- 2 teaspoons sugar (optional)

## **Cooking method:**

1. On a large serving platter or individual salad plates, arrange the spinach or mixed greens, raspberries, grapefruit sections and avocado slices.
2. Sprinkle with some chili powder.
3. In a small bowl, whisk together the raspberry vinegar, oil and sugar (optional).
4. Drizzle this mixture over the spinach mixture.

## **Nutrition facts per serving:**

- 220 calories
- 19 gram total fat (3 gram saturated fat)
- 0 milligram cholesterol
- 58 milligram sodium
- 13 gram carbo
- 9 gram fiber
- 3 gram protein

<http://www.easymealrecipes.net>