



Spinach Salad with Grapefruit Vinaigrette

Yield: 4 servings

Ingredients

- 8 oz. baby spinach
- 1 cucumber, diced
- $\frac{1}{2}$ Red onion, thinly sliced
- 1 avocado, diced
- 1 grapefruit, peeled and cut into segments
- $\frac{1}{2}$ cup chopped walnuts

Grapefruit Vinaigrette

- 2 tbsp. fresh grapefruit juice
- 1 tbsp maple syrup
- $\frac{1}{2}$ cup avocado or olive oil
- 2 drops dōTERRA grapefruit essential oil
- Dash of salt

Directions:

1. Add spinach, cucumber, onion, avocado and grapefruit segments to a large bowl.
2. Add all vinaigrette ingredients to a glass jar. Shake well.
3. Pour vinaigrette onto salad.
4. Top with chopped walnuts.