

## MINTED CITRUS SALAD



### **INGREDIENTS** - *serves one*

*Grapefruit*

*Cara Cara orange*

*Blood orange*

*5-6 large mint leaves, in a chiffonade (click [HERE](#) for a "How To")*

*2-3 large Medjool dates, soaked in water just to cover for 15-30 minutes*

Cover the dates in filtered water.

Cut the rind from the citrus being careful to remove all of the pith while preserving as much citrus meat as possible. Once the skin and pith is removed, slice the citrus horizontally. Plate the prepared citrus by alternating varieties.

Pour the dates and soaking water in the high speed blender and blend until smooth.

Lightly drizzle the citrus with some of the date syrup and sprinkle with mint.