Snack, Indian

Crunchy Grapefruit and Green Apple Toss

Juicy grapefruit segments and crisp green apple cubes are tossed with crunchy chopped walnuts and simply seasoned with salt in this refreshing fruit salad.

20 min	111	14.2 g	0.1 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 4 servings

- [ ] 2 1/2 cups grapefruit segments
- [ ] green apple cubes
- [ ] 2 tbsp chopped walnuts (akhrot)
- [ ] salt (namak) and to taste

Method

- [ ] **1** Tip 2 1/2 cups of grapefruit segments, the green apple cubes and 2 tbsp chopped walnuts into a deep bowl.
- [ ] **2** Season with salt to taste.
- [ ] **3** Toss everything together gently until the fruit and walnuts are evenly combined.
- [ ] **4** Plate up and enjoy straight away.

Nutrition Facts

Per serving

Calories	**111**
Total fat	5.1 g
Saturated fat	Not listed
Sodium	12 mg
Total carbs	14.2 g
Fiber	2.8 g
Total sugars	0.1 g
Protein	2 g

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