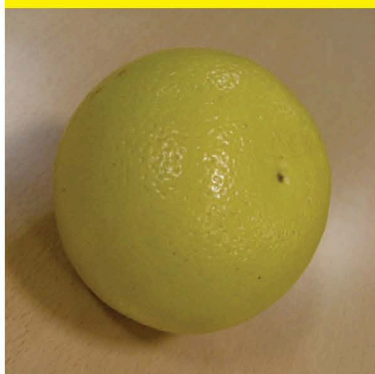
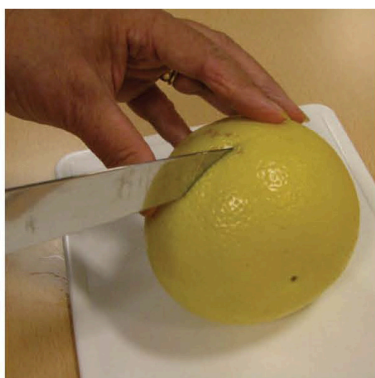


Grapefruit

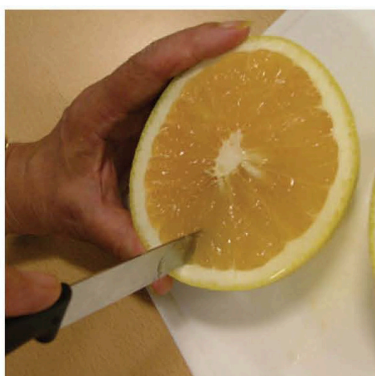


Grapefruit and grapefruit juice can effect absorption of certain medication. Please check with your GP or pharmacist.

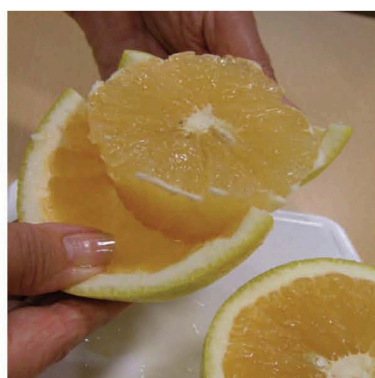
$\frac{1}{2}$ = 1 of your 5 a day



1 Slice fruit around middle (not top to bottom).



2 Using a small knife cut along line of segments from centre edge.



3 Slide knife under segments and cut under side of fruit to remove from peel.

4 Lift fruit from peel, place into a bowl and serve.

Tips

Sprinkle with ground ginger and heat under grill for two minutes before serving or add sections to fruit or vegetable salads.