

Winter Citrus & Blackberry Salad

Winter is peak citrus season, and this refreshing salad highlights the bright flavors and contrasting colors of blood oranges, Cara Cara oranges, grapefruit, and juicy blackberries, finished with fresh mint. This vibrant recipe provides an abundance of vitamin C to support immune health during the colder months.

Prep time: 10 minutes

Serves: 4

Ingredients

- 2-3 blood oranges, supremed
- 1 Cara Cara orange, supremed
- 1 grapefruit, supremed
- 1 cup blackberries
- Fresh mint leaves, destemmed



Instructions

1. To supreme citrus, start by cutting off the top and bottom of the fruit so it can sit flat. Using a sharp knife, carefully slice away the peel and white pith, following the curve of the fruit. Next, hold the fruit over a bowl and carefully cut between the membranes to release clean, juicy segments.
2. Mix all supreme citrus together in a bowl along with blackberries and mint then serve.