

# Detox Grapefruit Smoothie



## **Ingredients**

2 white grapefruit, peeled and seeds removed (for white grapefruit layer)

2 carrots, peeled (for white grapefruit layer)

5cm piece ginger (for white grapefruit layer)

8 medjool dates (for white grapefruit layer)

1 cup plain yoghurt (for white grapefruit layer)

Juice of 2 ruby grapefruit (for ruby grapefruit layer)

Juice of 2 orange (for ruby grapefruit layer)

1 cup pineapple pieces (for ruby grapefruit layer)

1 cup raspberries (for ruby grapefruit layer)

1 tsp ground turmeric (for ruby grapefruit layer)

1/4 tsp freshly ground black pepper (for ruby grapefruit layer)

Chia seeds for topping (for ruby grapefruit layer)

## **Method:**

1. Put the white grapefruit segments, carrot, ginger, dates and yoghurt in a blender and blend until smooth. Pour into 2 glasses until half filled and set aside.
2. Using the rinsed out blender jug, put the ruby grapefruit and orange juice with the pineapple, raspberries, ground turmeric and black pepper and blend until smooth. Carefully pour over the ruby grapefruit smoothie for a two tone smoothie. Sprinkle with chia seeds.