

Watercress Grapefruit Detox Salad

Servings: 2

Prep Time: 10 minutes

Ingredients

- 2 cups fresh watercress
- 1 pink grapefruit, peeled and segmented
- 1/4 avocado, sliced
- 1 tablespoon extra virgin olive oil
- 1 teaspoon lemon juice
- Pinch of sea salt

Instructions

Arrange watercress on a plate. Top with grapefruit segments and avocado. Drizzle with olive oil, lemon juice, and a pinch of salt. Serve fresh.

Health Benefits

Watercress is a powerhouse for detoxing the blood and liver. Grapefruit supports fat metabolism, and avocado adds healthy fats and fiber. This combination promotes detox, hydration, and skin radiance.