

FUEL UP WITH  
FRUIT

# Add Some Sun with Citrus

Oranges, mandarins, limes, grapefruit, lemons, and more exotic fruits like sudachi can pack enough vitamin C to meet your daily requirement. They also help fight off those winter colds.

## SLICE

Add to sparkling water for a tasty twist.

## PEEL

Chunk. Add to salads. Delicious with walnuts, gorgonzola, or avocado.

## JUICE

Add non-citrus fruits like strawberries and apples. (If using a juicer, peel first).

