

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).

