

## Grapefruit mojito



### INGREDIENTS

- 1/2 Happy Food grapefruit, segmented
- 1/4 cup freshly squeezed grapefruit juice
- 4 tsp. agave nectar
- 1/4 cup of lime juice
- 2 shots of rum
- 15-20 fresh mint leaves, plus extra to garnish
- 2 cups of ice
- 1 cup sparkling water

### DIRECTIONS

1. Muddle 4 grapefruit segments, agave nectar, lime juice and mint leaves in a Martini shaker.
2. Add the grapefruit juice and rum to the shaker then fill 3/4 full with ice. Shake until very cold.
3. Evenly divide between two glasses filled with ice. Top with sparkling water.
4. Garnish with remaining grapefruit segments and mint leaves.

## Burst of sunshine orange cocktail



### INGREDIENTS

- 1 cup Happy Food freshly squeezed orange juice
- 1 cup fresh mango juice
- 1 cup vodka
- 2 cups dry champagne
- Ice
- Happy Food orange slices

### DIRECTIONS

1. Mix the orange juice, mango juice and vodka in a pitcher. Add in the champagne and give a quick stir.
2. Immediately serve over ice.
3. Garnish with an orange wedge.

## Citrus infused water



### INGREDIENTS

- 1 Happy Food grapefruit, sliced and seeds removed
- 2 Happy Food tangerines, sliced and seeds removed
- 1 bunch of fresh mint leaves
- 1/2 - 1 gallon of water
- Ice (optional)

### DIRECTIONS

1. Wash the grapefruit, tangerine and mint leaves. Slice the fruit and add to the pitcher with water, mint leaves and ice.
2. Refrigerate for about 30 minutes to an hour before serving.
3. Stir and enjoy!

## Strawberry, orange & grapefruit smoothie



### INGREDIENTS

- 1 Happy Food grapefruit
- 1/2 cup freshly squeezed Happy Food orange juice
- 1 cup frozen strawberries
- 1 ripe banana peeled
- 1/2 cup Greek yogurt
- 1/2 tsp. vanilla extract
- 1 tbsp. honey

### DIRECTIONS

1. Slice off the bottom and top of the grapefruit, cutting through the peel and the pith, barely exposing the pulp. Cut off the outer peel the same way until you have a naked grapefruit. Slice it into thick rounds and remove any seeds.
2. Place the grapefruit and the rest of the ingredients in a blender, blending until smooth.

## Orange julius smoothie



### INGREDIENTS

- 4 Happy Food oranges, skin peeled with knife
- 1/3 cup milk (regular, almond, soy, coconut, etc.)
- 2 tbsp. honey (optional)
- 1 tsp. vanilla
- 2 cups ice

### DIRECTIONS

1. Slice off the top and bottom of the orange, just barely exposing the pulp. Continue to cut the skin off around the orange. Do this for all four oranges. Cut in half and remove any seeds.
2. Combine all of the ingredients in a blender and blend until smooth.

## Grapefruit, avocado & shrimp salad



### INGREDIENTS

For the Shrimp:

- 1 lb of large peeled and de-veined shrimp
- 3 tbsp. extra virgin olive oil
- 3 tbsp. lemon juice
- 1 clove of garlic, minced

For the Salad:

- 1 Happy Food grapefruit, sectioned
- 1 ripe avocado, peeled and quartered
- 1/2 cucumber, sliced and quartered
- Spring salad mix

For the Dressing:

- 1/4 cup freshly squeezed grapefruit juice
- 2 tbsp. extra virgin olive oil
- 1 tbsp. red wine vinegar

- 1 tsp. dijon mustard
- 1/2 tsp. honey
- 2 tbsp. fresh parsley, chopped
- Freshly ground salt & pepper to taste

### DIRECTIONS

1. In a large skillet, heat the olive oil over medium high heat. Add the garlic and cook until light golden, about 2 minutes.
2. Add the shrimp and lemon juice and cook, stirring occasionally until done (about 3-4 minutes). Set aside to cool.
3. In a small bowl, whisk together the ingredients for the salad dressing. Let it sit for 10 minutes.
4. In a large bowl combine the salad mix, cucumber, avocado grapefruit and shrimp.
5. Drizzle with vinaigrette just before serving.

## Asian salad & homemade dressing



### INGREDIENTS

For the Salad:

- 2 Happy Food tangerines, peeled and sectioned
- 1 avocado
- 1 head of romaine lettuce, chopped
- 1/4 cup sliced almonds
- 1/4 cup crispy noodles

For the Dressing:

- 2 1/2 tbsp. rice vinegar
- 1 tbsp. toasted sesame oil
- 3/4 tbsp. sugar

- 1/2 tbsp. soy sauce
- 1/4 tsp. ground ginger
- 1/4 tsp. dry mustard

### DIRECTIONS

1. Combine all the ingredients for the dressing in a bowl and mix well.
2. Peel and section the tangerines. Set aside. Peel and pit the avocados and thinly slice. Set aside.
3. Add the lettuce, tangerine segments, avocados, sliced almonds and crispy noodles. Drizzle with the dressing. Serve immediately.

## Orange glazed carrots



### INGREDIENTS

- 1/4 cup Happy Food freshly squeezed orange juice
- 2 lbs. fresh carrots, sliced
- 2 tbsp. butter
- 2 tbsp. brown sugar
- 2 tbsp. fresh parsley, minced

### DIRECTIONS

1. Add water to a saucepan and carrots. Bring to a boil. Once boiling, reduce heat, cover and simmer for 7-9 minutes or until tender. Drain the water.
2. Melt butter in a large skillet. Stir in orange juice and brown sugar. Add the carrots and parsley. Stir to coat. Cook and stir for 1-2 minutes, or until glazed is thickened.

## Avocado & grapefruit salsa



### INGREDIENTS

- 1/2 Happy Food grapefruit, segmented and chopped
- 1 ripe avocado, diced
- 1/4 cup chopped red onion, diced
- 1 tbsp. lime juice
- 2 tbsp. jalapenos, seeded and minced
- 2 tbsp. chopped cilantro
- Salt & ground black pepper to taste

### DIRECTIONS

1. Combine all of the ingredients and gently toss
2. Allow it to sit together for at least 30 minutes for flavors to combine
3. Top off your favorite fish recipe with the salsa or add it to tacos. It also works great as an appetizer with chips.

## Broiled grapefruit



### INGREDIENTS

- 1 Happy Food Grapefruit
- 4 tsp. light brown sugar, packed
- 1/8 tsp. ground cinnamon

### DIRECTIONS

1. Preheat your oven's broiler
2. Cut the grapefruit in half, then trim a thin slice off the bottom so it sits level.
3. With a small serrated knife or grapefruit spoon,

cut around each grapefruit segment and remove any seeds.

4. Place the grapefruit halves on a baking sheet lined with foil. Combine the brown sugar and cinnamon in a small bowl and sprinkle the sugar mixture over each half.
5. Broil the grapefruit, until the tops are bubbling and golden brown (watch carefully). This takes about 7 to 10 minutes.

## Chocolate dipped tangerines



### INGREDIENTS

- 3 Happy Food tangerines, peeled and segmented
- 1 1/2 cups chocolate chips
- Coarse sea salt (optional)
- Sweetened coconut (optional)
- Pistachios, crushed (optional)

### DIRECTIONS

1. Peel the tangerines and segment. Remove extra

pith to give a cleaner look.

2. Melt the chocolate chips using a double broiler over low heat. When the chocolate begins to melt, stir gently until all the chips are melted.
3. Immediately dip half the tangerine segments into the chocolate and lay on parchment paper. Once they are dipped in the chocolate, sprinkle over the toppings of your choice (or leave them plain).
4. Refrigerate for 10 minutes before serving.

## Tangerine greek yogurt parfait



### INGREDIENTS

- 2 Happy Food tangerines, peeled and sectioned
- 1 banana, peeled and sliced
- 1 cup plain Greek yogurt
- 2 tbsp. clover honey
- 1/2 cup granola

### DIRECTIONS

1. Peel the tangerine and slice the bananas.
2. Spoon Greek yogurt into bottom of the glass. Add bananas and tangerines.