

nutrition tip

benefits of citrus fruits



Incorporate more citrus fruits in your diet!

- Make salad dressings with your favorite citrus juice, such as lemon, orange, or lime!
- Add flavor to water with slices of citrus, such as lemon, orange, or grapefruit!
- Make your own natural cleaner using citrus peels and equal parts water & white distilled vinegar!
- Add segmented grapefruit or orange to a green salad for a burst of color and flavor!
- Flip over this flyer for more recipes!

01 Citrus fruits are rich in vitamins & antioxidants.

Citrus fruits are rich in vitamin C and antioxidants, which may give your immune system a boost to stay well in the winter!

02 Select citrus wisely!

When purchasing citrus, choose fruits that feel heavy for their size and are firm to the touch. Citrus can last about one week at room temperature and two weeks in the refrigerator.

03 If you can, eat seasonally!

December through March are the best months to buy citrus fruits in Missouri- saving you money and getting the best quality!

recipes & scrubs

featuring citrus fruits

orange sugar scrub

- 1 cup sugar (for a coarser scrub, add more sugar)
- ½ cup coconut oil, in liquid form
- 20 drops orange essential oil or another citrus flavored essential oil
- 1 teaspoon vanilla extract

Combine the sugar, coconut oil, essential oil, and vanilla in a small bowl. Stir well to combine. Store in a sealed, covered container. To use the scrub, wet your hands. Place a small, nickel-sized amount of scrub in your hands and rub hands together to exfoliate. Rinse well with warm water. Pat hands dry. Do not eat.

citrus infused water

- 2-3 citrus fruits, such as limes, lemons, orange, or grapefruit (or a mix of them all!)
- water, to fill
- 1 large water bottle of your choice
- large wooden spoon, optional

Slice the citrus fruits into thin rings. Add them to the lemon, lime, and orange into thin rings. Add the sliced citrus to the bottom of your water bottle. Use the bottom of a wooden spoon to muddle the citrus, releasing their juices (optional step). Fill the water bottle with water. Drink immediately or store in the fridge to chill.

green grapefruit smoothie

- 1 peeled grapefruit
- 1 apple, cored & peeled
- 2 cups of spinach
- 1 frozen banana
- 2-3 ice cubes
- ½ cup of milk, non-dairy milk, water or orange juice
- ½ teaspoon of fresh ginger, optional

Add all ingredients into a blender. Blend until smooth. Enjoy!

cilantro lime vinaigrette

- 1 bunch cilantro, rinsed & drained
- 1 clove fresh garlic, peeled
- 2 green onions
- 1 jalapeno pepper, seeds removed, optional
- ¾ cup fresh lime juice
- ¼ cup honey
- ⅓ cup vegetable or olive oil
- salt & pepper to taste

Rough chop the cilantro, garlic, green onions, and jalapeno and place into a blender. Add the lime juice, honey, and oil to the blender. Blend until smooth. Season with salt and pepper to taste. Store in an air-tight container in the fridge. Shake before using. Use on your favorite salads, roasted vegetables, or to marinate meat, such as chicken, shrimp, or pork!