



Citrus Splash

Servings: 1l

Prep Time: 20min

Cook Time: 0

Ingredients

- 1 sack of oranges (+-28 fruit)
- 5 large pink grapefruit
- 2 lemons

Directions

1. Cut each fruit in half.
2. Squeeze all the fruit. As you dispense each batch of squeezed juice into a large jug, keep aside most of the pulp that did not drip through.
3. Refrigerate.
4. The excess pulp can be spooned into empty grapefruit halves, to serve as throwaway bowls. Freeze them for an hour and drizzle honey over before serving. Children love this fruit-'slush' which serves as a fibre-rich fruit dessert.