

Fancy a sparkly Avocado, Citrus and Pomegranate Salad? Sue Bedford (MSc Nutritional Therapy)



What's not to like? This nutritious and delicious salad is packed full of vital nutrients with amazing avocado containing over 18 important vitamins and minerals and healthy fat. Blood oranges which are high in antioxidants and loaded in vitamin C. Unlike other citrus fruits, blood oranges contain anthocyanins, the same red flavonoid pigments that give blueberries their intense colour and amazing antioxidant levels. Pomegranates are packed with flavonoids and polyphenols. Place all of the above ingredients on a bed of watercress and rocket which are nutrient rich in their own right -drizzle with a splash of extra virgin olive oil and a sprinkle of your favourite seeds and you are sorted! This salad is versatile and works well on its own or with cheese such as feta or halloumi or with salmon, king prawns or chicken - adds a bit of sparkle to any table!

Pomegranate, Avocado and Watercress Salad with Blood Oranges

Ingredients: (makes 4 portions)

4 large blood oranges
400g watercress and rocket combined
150g pomegranate seeds
150g slivered almonds or pine nuts, toasted
2 ripe avocados

With a small, sharp knife, cut ends off oranges. Peel and orange and divide into individual segments. Repeat with remaining oranges, place into a bowl. Chop the avocado into even slices (remove outer skin). Rinse and dry watercress and rocket. In a large bowl, place watercress, orange segments and mix gently. Add the avocado slices. Garnish each salad with pomegranate seeds and toasted almonds. Enjoy!

Sue is a Nutritional Therapist specialising in Fertility, Women's Health and General Wellness. She works closely with IVF Babble, IVF Babble Africa and Emme Menopause Magazine. There are lots of recipes and nutrition articles over on IVF Babble written by Sue in the wellness section- www.ivfbabble.com and also www.emmemenopause.com

Sue is able to offer remote Nutritional Therapy consultations. If you would like more information, do send her an email sbnutrition@btinternet.com