**Grapefruit, Avocado and bacon salad**

Serves 4

* 2 Ruby or pink grapefruits
* 1 firm but ripe avocado
* 1 Bag watercress, spinach and racket salad
* 5 rashers trimmed smoked rindless bacon
* 4 tbsp. fat free balsamic dressing

1. Segment grapefruit (if you don’t know how watch the you tube video below)
2. Trim and grill bacon until very crispy, (do this in the oven between 2 baking sheets)
3. Cut avocado in half, remove stone and with a table spoon remove skin from flesh
4. On a chopping board slice avocado in to even slices
5. Place salad bag into a large salad bowl, added the grape fruit and avocado, pout over the dressing and toss gently
6. Crumble the bacon into salad and serve immediately