

# Grapefruit Citrus Salt

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Salt is used in all types of cookery because it acts as what we refer to as a flavor enhancer. That means it is not changing the basic flavor profile of a dish (as opposed to pepper which adds its own flavor profile). As for concern over salt , or more correctly sodium intake, over 75% of daily sodium intake comes from eating pre-prepared and ultra-processed foods; not properly seasoning real, authentic and natural foods. In fact, the dietary sodium guidelines have never yielded meaningful real world results or even shown benefit in actual trials (you can read more here if it interests you, [The Atlantic](#) or here [Pacific Standard](#); it is also discussed in great detail in [The Fallacy of The Calorie](#) and [Food Shaman](#)). Add in the delightful refreshing zest of grapefruit and you do add a palate pleasing lift. Adding citrus peel kicks up the health benefits as well. Citrus peel is high in antioxidants, including D-limonene and vitamin C. In fact, the peel contains more vitamin C per ounce than the fruit!



***Ingredients:***

- Zest of one grapefruit
- 2 Tbs sea salt

***Directions:***

Combine all ingredients thoroughly. Store in airtight container.