

# Watermelon and Fruit Salad

Delicious and refreshing. Kids love it!

Makes: 8 Servings

Prep Time: 20 mins

Source: [foodhero.org](http://foodhero.org) watermelon and fruit salad



Small Changes,  
BIG Difference!

## Ingredients

- 1 cup watermelon, diced
- 2 cups strawberries, sliced
- 1 cup blueberries (fresh or frozen/thawed)
- ½ cup apple, banana or pear, diced
- 2 teaspoons lime juice
- 2 teaspoons honey or brown sugar

## Directions

1. Place watermelon, strawberries and blueberries in a serving bowl.
2. Add your choice of diced apple, banana or pear. Gently mix well.
3. In a small bowl combine lime juice and honey or brown sugar. Pour over fruit and toss to coat.
4. Refrigerate leftovers within 2 hours.

## Utensils Needed

- sharp knife
- cutting board
- mixing bowls (medium and small)
- large spoon
- measuring cups
- measuring spoons
- plastic container w/lid



## Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	40
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	0 mg
Total Carbohydrates:	11 g
Dietary Fiber:	2 g
Total Sugars:	8 g
Added Sugars:	0 g
Protein	2 g

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$13.83

Average cost/serving: \$1.73

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Watermelon



Add 1 to Cart  
Strawberries, 1 lb.



Add 1 to Cart  
Fresh blueberries, 1 pt.



Add 1 to Cart  
Apple, medium



Add 1 to Cart  
Fresh lime, 1 medium



Add 1 to Cart  
1 box brown sugar

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes:

- Honey is not recommended for children under 1 year old.
- The lime juice adds flavor to the salad but also keeps the apple, banana and apple from turning brown as quickly.
- When berries are not in season, frozen can be a more cost effective choice.
- Get kids involved in the preparation of this salad by having them cut the fruit with a plastic knife if they are old enough, measure and mix ingredients if they are able or to squeeze the lime.