Summer Fruit Salad

Fruits are packed with nutrients that are vital to our health, and make for a sweet and tasty treat. Try serving with yogurt for an easy breakfast.

Makes: 6 servings
Prep Time: 10 minutes
Cook Time: N/A

Source: commonbytes.org recipe/Summer Fruit Salad

Ingredients

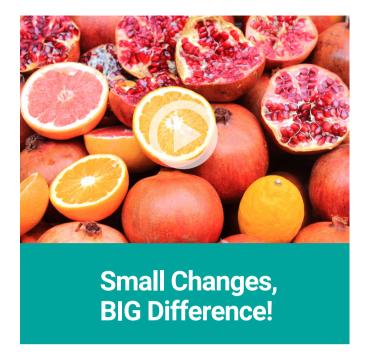
- · 4 oranges, peeled and sliced
- 1 Cup strawberries, sliced
- 1 Cup pomegranate, seeds
- 1/4 Cup sunflower seeds (raw), Unsalted
- 1 Cup mint, chopped

Directions

- 1. Peel and slice oranges; slice strawberries
- 2. Cut open pomegranate and remove seeds
- 3. Chop mint into small pieces
- 4. Toss prepared ingredients together in a large bowl and then serve.

Utensils Needed

- Knife
- · Cutting Board
- Bowl



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Nutrition Information

Serving Size: 2 tablespoons	
Nutrients	Amount
Calories:	20
Total Fat:	<u>0 g</u>
Saturated Fat:	<u>0 g</u>
Cholesterol:	<u>0 mg</u>
Sodium:	40 mg
Total Carbohydrates:	<u>5</u> g
Dietary Fiber:	<u>1 g</u>
Total Sugars:	<u>3 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>0 g</u>



SHOPPING LIST

Average total cost without oil and seasonings: \$16.96

Average cost/serving: \$2.83

Recipe makes: 6 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 4 to Cart Navel Orange



Add 1 to Cart Raw Sunflower Seeds (9 oz)



Add 1 to Cart Fresh Strawberries (1 Pound)



Add 1 to Cart Fresh Mint, 1 Bunch



Add 1 to Cart Pomegranate



RECIPE LOG

My Cooking Notes

