

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](http://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



Small Changes,
BIG Difference!

Click image to watch recipe video.



Nutrition Information

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

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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

My Cooking Notes
