

# WATERMELON AND FRUIT SALAD

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## 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

## Instructions:

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. Pour over fruit and toss to coat.
4. Refrigerate leftovers within 2 hours.

## Notes:

Honey is not recommended for children under 1 year old.

## Nutrition Facts

Serving Size 1/2 cup (90g)  
Servings Per Container 8

Amount Per Serving

**Calories 40**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 10g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 8g

**Protein 1g**

Vitamin A 2%      • Vitamin C 50%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

Total Fat      Less than      65g      80g

Saturated Fat      Less than      20g      25g

Cholesterol      Less than      300mg      300mg

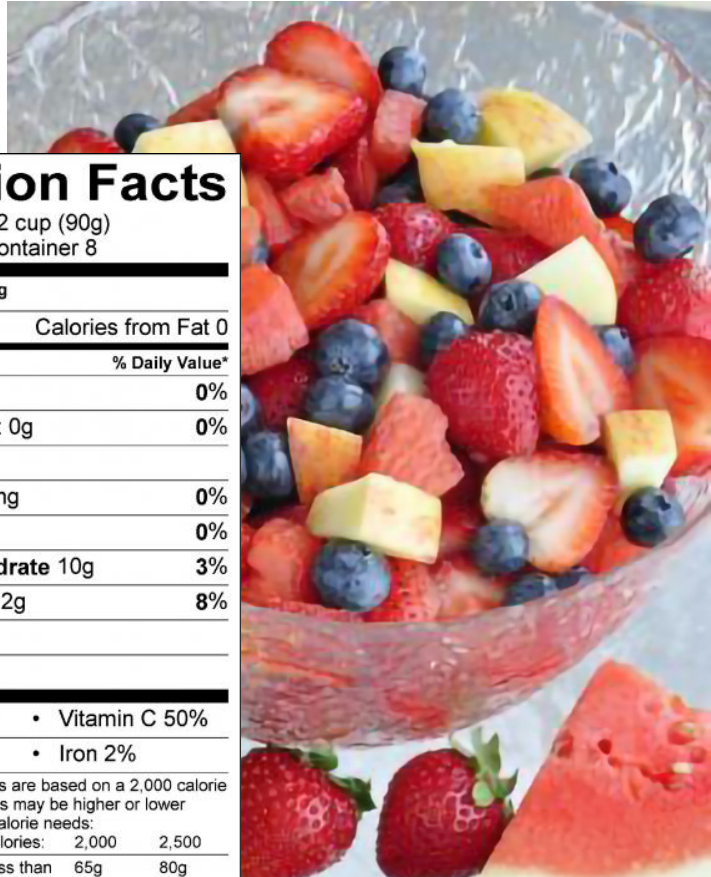
Sodium      Less than      2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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