

SUMMER FRUIT SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving = 1 cup)

Nutrition (per serving)

Calories: 136

Total Carbohydrate: 24 g

Total Fat: 5 g

Dietary Fiber: 4 g

Saturated Fat: 0.5 g

Protein: 2 g

Sodium: 95 mg



Ingredients

- 3 cups strawberries, halved
- 2 cups cantaloupe, cubed
- 2 cups grapes
- 1 avocado, peeled, pitted and cubed
- 2 Tablespoons honey
- 1 Tablespoon red wine vinegar
- 2 Tablespoons fresh mint, finely chopped
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon salt

Directions

1. Combine strawberries, cantaloupe, grapes, and avocado in a large bowl.
2. In a small bowl, whisk together honey, vinegar, mint, pepper and salt.
3. Pour dressing over fruit mixture and gently toss to coat.



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