

Fun fruit salad

This flavourful fruit salad is sure to satisfy your sweet tooth and makes a great, healthy snack or dessert.



Vegetarian



30 mins or less



Kid-friendly



No-cook



PREP TIME
15 min



COOK TIME
0 min



SERVINGS
8

Ingredients

- 2 apples, cored and chopped
- 2 oranges, peeled and chopped
- ½ small cantaloupe, seeded and chopped
- 2 pears
- 2 tbsp lime juice, about 1 medium lime

Directions

1. Add the apples, oranges, cantaloupe and pears to a bowl. Squeeze the juice from the lime over the fruit. Toss together and serve immediately or chill until ready to eat.

Tips

- ✓ Get creative with this recipe! **Substitute** with any fruit you have on hand. If using frozen fruit, let it thaw in the fridge first and drain excess water before using.
- ✓ This is a fun recipe to make with the kids. Little chefs can help with peeling and squeezing.
- ✓ Hosting dinner this week? Serve this up as a **healthy dessert** with a dollop of lower fat plain yogurt.



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