

Summer Fruit Salad

Rating: ★★★★★

Cook time: 15 minutes

Makes: 4 servings

Ingredients

1 cup strawberries (diced, fresh or frozen)

1 cup watermelon (cubed)

1 cup pineapple chunks, fresh or canned packed in natural juice (and do not drain)

Directions

1. Stir fruit together in a medium sized bowl.
2. Cover and chill. Serve as soon as possible.

Notes

Refrigerate leftovers (or try freezing for a slush).

University of Nebraska, Recipe Collection, p.85 Staff from the University of Nebraska-Lincoln Cooperative Extension

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	45	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	0 mg	0%