

Spider Demo Kitchen

Lemon and Ginger Fruit Salad

yield: 6 servings

Ingredients:

1/2 each	Honeydew melon
1/2 each	Small seedless watermelon
2 cups	Strawberries
1 cup	Blueberries
1 cup	Mini mozzarella balls
1 cup	Mint leaves, loosely packed
2 TBSP	Olive oil
1 TBSP	Lemon juice
1 tsp	Ginger, grated or minced
1/2 tsp	Honey
Pinch	Salt & pepper

Instructions:

1. Wash and dry berries. Chop melon and watermelon into 1-2 inch pieces. Slice strawberries.
2. Add fruit, mozzarella balls, and mint leaves to a large bowl or serving platter.
3. In a small jar, shake together olive oil, lemon juice, ginger, honey, and pinch of salt and pepper.
4. Drizzle dressing over the top of fruit mixture, toss gently, and serve.



Nutritional Information: 184 Cals, Carbs 16 g, Fiber 2g, Protein 8g, Fat 10g, Sodium 199mg, Vitamins
Calcium 17% DV