

# 10 REFRESHING SUMMER SALADS FOR HOT DAYS

## TROPICAL FRUIT SALAD

### INGREDIENTS

- PINEAPPLE
- STRAWBERRIES
- BLUEBERRIES
- GRAPES
- KIWI
- MANDARIN ORANGES
- FRESH LIME JUICE

### DIRECTIONS

1. WASH AND PREPARE ALL FRUIT.
2. COMBINE IN A LARGE BOWL.
3. DRIZZLE WITH FRESH LIME JUICE.
4. CHILL BEFORE SERVING.

### SIMPLE TIPS

- PERFECT FOR BREAKFAST, BRUNCH, OR DESSERT.
- ADD FRESH MINT FOR EXTRA FRESHNESS.

## NUTRITION INFORMATION

**MAKES: 8 SERVINGS**   **SERVING SIZE: 1 CUP**  
**PER SERVING (APPROX.)**

CALORIES: 120

PROTEIN: 1G

CARBS: 30G

FAT: 0G

FIBER: 3G

SUGAR: 24G

SODIUM: 5MG

### RECIPE INFO


PREP: 20 MIN

COOK: NONE

TOTAL: 20 MIN

### STORAGE

REFRIGERATE UP TO 2 DAYS.

 PAIRS WELL WITH

- GRILLED CHICKEN
- YOGURT
- BRUNCH FAVORITES

### SIMPLE LIFE TIP

ADD THE BANANAS JUST BEFORE SERVING TO KEEP THEM FRESH.

## SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

### SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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