

Minty Watermelon-Berry Fruit Salad with Yogurt

Portions: 8

Ingredients:

Amount	Item
2 cups	fresh berries, mostly blueberries
1 cup	fresh watermelon, seeds removed, 1 inch cubes
1 cup	vanilla Greek yogurt, OIKOs (non-fat, no added sugar type)

Sauce:

2 T	minced fresh mint leaves
1 T	honey
2 T	fresh lemon juice
2 T	water

Garnish:

1/4 tsp	powdered cinnamon
1/8 tsp or	“pinch” powdered cloves
1 sprig	fresh mint



Nutrition Facts

Serving Size 1 cup (95g)
Servings Per Container 8

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 3g	

Vitamin A 2% • Vitamin C 10%
Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



***SOY FREE**



***GLUTEN-FREE**

Preparation:

1. Mix watermelon and berries in large bowl
2. Whisk lemon juice, mint, honey and water together in a small bowl. Drizzle sauce over the fruit mixture and toss to coat.
3. Top bowl of mixed fruit with the yogurt
4. Sprinkle powdered cinnamon and cloves on top of the yogurt and garnish with mint

Comments:

1. The sauce adds a sweet minty flavor that provides healthy phenols and the essential oil menthol. These demonstrate relaxation of smooth muscle in the intestines that helps to reduce nausea and bowel spasms with IBS. They are also expected to provide cancer fighting benefits.
2. Mint can cause relaxation of the esophageal sphincter muscle and to trigger reflux.