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Choose a Fruit Salad

Serves 6 to 8

“Berry Sweet” FRUIT SALAD

Yield: 7 servings

1 cup of blueberries
1 ½ cups strawberries
1 ½ cups raspberries
½ of a small honeydew melon-about 3 cups
1 mango

“Orange” FRUIT SALAD

Yield: 8 servings

1 medium cantaloupe
2 oranges
2 mangos
Juice of ½ lime over all

“Winter” FRUIT SALAD

Yield: 8 servings

½ lemon
2 apples
2 pears
2 oranges
30 grapes

Squeeze the juice of half a lemon over cut up pear and apple to prevent browning. Mix with rest of fruit.



Food Fairy Note: Each of these salads, in the appropriate portions, will give you 3 to 4 servings of fruit