



CRAVING HEALTH
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MLG (Mint-Lime-Ginger) Fruit Salad

Mint, lime and ginger add an irresistible zing to this berry and cantaloupe salad. It's a great salad to transition from season to season!

Prep time: 15 minutes

Makes 6-8 servings

INGREDIENTS

- 1 whole cantaloupe, cut into bite-sized pieces
- 1 pint blackberries
- 1 pint blueberries
- Fresh mint, finely diced
- 1 fresh lime
- Small piece of fresh ginger

INSTRUCTIONS

1. Combine cantaloupe and berries in medium bowl
2. Squeeze lime juice and add grated ginger over fruit
3. Toss lightly
4. Sprinkle fresh mint over fruit

Serve and enjoy!



**Do you have a copy of our FREE Guide –
5 Secrets for Healthy Eating Success?**

www.cravinghealth.ca/5-secrets

