

# Summer Fruit Salad

**Prep time**  
15 min

**Serves**  
4

**Serving size**  
3/4 cup fruit salad, 1/4 of recipe (117g)

- 1 cup strawberries (diced, fresh or frozen)
- 1 cup watermelon (cubed)
- 1 cup pineapple chunks, fresh or canned packed in natural juice (do not drain)

Stir fruit together in a medium sized bowl. Cover and chill. Serve as soon as possible.



**Calories\***  
45

**Total Fat**  
0g

**Total Fiber**  
1g

**Protein**  
1g

**Carbohydrates**  
11g

**Sodium**  
0mg

\* Percent Daily Values are based on a 2,000 calorie diet.



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