

THREE INGREDIENT SUMMER FRUIT SALAD

Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 3/4 cup (recipe serves 4)

Nutrition (per serving)

Calories: 45

Total Carbohydrate: 11 g

Total Fat: 0 g

PREP TIME: 20 min



Ingredients

1 cup strawberries, diced (use fresh or frozen)

1 cup watermelon, cubed

1 cup pineapple chunks, fresh or canned packed in natural juice (do not drain)

Directions

1. Stir fruit together in medium bowl.
2. Cover and chill. Serve as soon as possible.



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