



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Summer Fruit with Mint Salad **SERVES** approx. 2

CATEGORY Side Dish **PREP TIME** 10 min **COOK TIME** _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

Salad :

2 cups chopped strawberries
2 cups cubed watermelon
2 cups chopped cucumber
1/2 cup chopped fresh mint leaves
3/4 cup crumbled feta cheese

Balsamic Dressing :

1 lemon juice
1/3 cup balsamic vinegar
2-3 tbsp oil (avocado or EEVO works well)
to taste sea salt & pepper

DIRECTIONS

1. In a small bowl, whisk together lemon juice, oil, balsamic vinegar, and salt & pepper.
2. In a large bowl toss together strawberries, watermelon, cucumber, fresh mint, & feta cheese.
3. Toss salad mix in the balsamic dressing & salad mix.
4. Refrigerate until serving.

MY NOTES
