

Side | Snack

Melon Mint Salad

10 Mins **Prep Time**

0 Mins **Cook Time** Servings

38 Calories Og Fat 10g Carbs

0g Protein



Ingredients

6 Servings

10 Mins Total Time



♦ Allergens: FODMAPs

2 Cups Seedless Watermelon, cubed (pre-cut melon works best)



2 Cups Cantaloupe, cubed (pre-cut melon works best)



1½ Tbsp Mint, minced 🖤

1½ Limes, juiced 1/2 Tbsp Honey

Allergen Swap

FODMAPs Omit watermelon; Omit honey and replace with white sugar



Watermelon

Watermelon contains electrolytes, which are important during an IBD flare. It also has a high water concentration to help maintain hydration.



(7) Cantaloupe

Cantaloupe is a good source of folate, a key nutrient in IBD. It also has a high water concentration to help maintain hydration.



Mint

Research shows that mint may help alleviate stomach pain and indigestion.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Add Ingredients

To a large bowl, add all the ingredients.

3. Combine

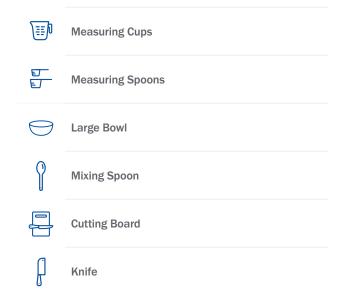
Gently toss to combine. Add more mint or lime, if necessary.

4. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Remission Remix

 Add additional fruit to this salad like blueberries, strawberries or raspberries.