

Side | Snack

Melon Mint Salad

10 Mins
Prep Time

0 Mins
Cook Time

6
Servings

 **38 Calories** **0g 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, **washed** and minced 

1½ Limes, juiced

½ 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.



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



Measuring Cups



Measuring Spoons



Large Bowl



Mixing Spoon



Cutting Board



Knife

Remission Remix

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