

Side | Snack

Melon Mint Salad

Side Effect: Nausea/Vomiting

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: None**

2 Cups Cubed Watermelon, **washed thoroughly**

2 Cups Cubed Cantaloupe, **washed thoroughly**

1½ Tbsp Mint, **washed thoroughly** and minced 

1½ Limes **washed thoroughly** and juiced

½ Tbsp Honey, **pasteurized**

Nourishment Note



Mint

Mint can be helpful in relieving an upset stomach or nausea. The leaves contain menthol which may act as a natural pain reliever.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

To a large bowl add all ingredients.

3. Toss to Combine

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

Store leftovers in the refrigerator within 2 hours. Melon salad will keep for up to 2 days in a covered container in the refrigerator.

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

Fatigue Buster

- Ask a friend or family member to help prepare this dish.