

Side | Snack

Melon Mint Salad

Side Effect: Nausea/Vomiting

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: None

2 Cups Cubed Watermelon, washed thoroughly

2 Cups Cubed Cantaloupe, washed thoroughly

1½ Tbsp Mint, washed thoroughly and minced 🖤



11/2 Limes washed thoroughly and juiced

1/2 Tbsp Honey, pasteurized

Nourishment Note



Mint

Mint can be a 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

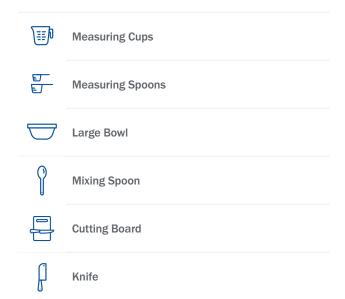
Gently toss to combine. Add more mint or lime if necessary. Store leftovers in the refrigerator within 2 hours. Melon salad will keep for up to 2 days in a covered container in the refrigerator.

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Fatigue Buster

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