

Side | Snack | Breakfast | Lunch

Soothing Mixed Berry Salad

Side Effect: Nausea/Vomiting

10 Mins Prep Time

0 Mins **Cook Time** **Servings**

180 Calories

1g Fat

45g Carbs

1g Protein



Ingredients

2 6-8 Servings

10 Mins Total Time



Allergens: None

16 oz Carton Strawberries, washed thoroughly

1 Pint Blueberries, washed thoroughly

6 oz Container Raspberries, washed thoroughly

2 Packets, Ginger Green Tea 🖤

1/2 Cup Boiling Water

1/2 Cup Honey, pasteurized

2 Tbsp Fresh Mint, washed thoroughly and minced





Ginger Green Tea

Ginger has long been used as a remedy to fight against nausea. The green tea contains antioxidants to help protect healthy cells.



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. Make Tea

Steep ginger green tea packets in the boiling water for 7-8 minutes. Discard tea packets. Mix honey into the tea until dissolved.

3. Combine Ingredients

In a large mixing bowl combine berries and mint. Drizzle tea mixture over berries. Toss to combine.

4. Enjoy!

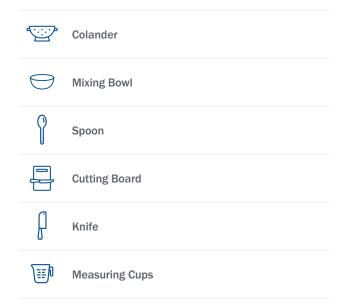
Enjoy salad within 2 hours of eating. Store leftovers in refrigerator for up to 3 days.

5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Fatigue Buster

- This recipe can be made in advance and stored in the refrigerator for up to 3 days.
- Look for pre-cut strawberries in the deli or produce section at your local grocery store to minimize prep time.