



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**



Red Fruit Salad

Servings

8 servings

Ingredients

- ½ watermelon
- 2 apples
- 2 cups raspberries
- 2 cups cherries
- 2 cups strawberries

Directions

1. Carefully cut cherries in halves and remove the pits
2. Dice watermelon and apples into cubes
3. Remove head from the strawberries and slice into equal portions
4. Combine all ingredients in a bowl and lightly mix together

Nutrient content per serving

- Calories- 95cals
- Carbs- 23g
- Protein- 1.4g
- Fat- .4g
- Sodium- 1mg
- Fiber- 4.4g

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