

Big Ole' Bowl of Fruit Salad

Ingredients:

- 1-2 handfuls of sliced watermelon
- 1/2-1 banana
- 1/2-1 orange
- 15 blackberries
- 1/4-1/2 cup plain, non-flavored yogurt (protein)
- 1 tbsp crushed walnuts (healthy fat)

Directions:

- 1) Slice watermelon and place in a bowl.
- 2) Add sliced banana.
- 3) Add orange slices.
- 4) Add a handful (10-20) blackberries.
- 5) Top with yogurt and crushed walnuts.

Benefits:

- 1) Takes only 10-15 minutes to prepare.
- 2) Loaded with vitamins, minerals, fiber, protein and healthy unsaturated fats.
- 3) Minimal clean up!

Modifications:

- 1) It is all about getting more fruit, add or substitute your favorite ingredients.
 - a. For example:
 - i. Use multiple variations of fruits, try to get lots of different colors!!!
 - ii. Replace berries with strawberries, black berries, blueberries and so on!
- 2) Be creative, I know there is a way this can be done that will fit everyone's taste!!!