

# Mojito Fruit Salad



Makes 6 servings

## Ingredients:

- 1 cup cubed watermelon
- 1 cup seedless grapes
- 1 cup cubed cantaloupe
- 1 cup hulled and quartered strawberries
- 1 cup peeled and quartered kiwi
- 1 cup fresh blueberries
- 3 sprigs fresh mint
- 2 tsp. sugar
- 3 T. lime juice

## Directions:

1. Mix the watermelon, grapes, cantaloupe, strawberries, and kiwi in a bowl with a tight-fitting lid; top with the blueberries.
2. Stir the mint, sugar, and lime juice together in a bowl, crushing the mint with the back of a spoon while mixing to extract flavors; pour over the fruit mixture. Seal the bowl with lid and refrigerate at least 1 hour.
3. Just before serving, gently flip the sealed bowl several times to coat the fruit with the dressing.

**Nutrition: 83 calories, 20.7 g carbohydrates, 0.5 g fat, 1.3 g protein, 0 mg cholesterol, 2.6 g fiber, 7 mg sodium.**