



Red, White, & Blue Salad

Prep Time: 10 minutes

Cost per serving: \$0.30

What you need:

Utensils:

- Knife & cutting board
- Spoon
- 1 medium size bowl
- 1 small size bowl
- Measuring cups

Ingredients:

- 3 cups watermelon, cut into 1 inch cubes and seeded
- 1 cup blueberries
- 2 medium bananas, sliced
- 1 cup fat free whipped topping
- Juice of 1 lime

What to do:

1. Wash your hands and clean your cooking area.
2. Wash all fruit.
3. Cut watermelon into cubes, removing seeds.
4. Place cut watermelon and blueberries in medium bowl.
5. Slice bananas and place in a small bowl.
6. Squeeze lime juice over bananas and mix, covering all bananas.
7. Add bananas and whipped topping to the watermelon and blueberries and mix well.
8. Chill until ready to serve.



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040

Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

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Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Vitamin C 25%
Calcium 2%	Iron 2%