

# THREE INGREDIENT SUMMER FRUIT SALAD

*Bariatric, Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 3/4 cup (recipe serves 4)

## Nutrition (per serving)

Total Fat: 0 g

Total Carbohydrate: 11

Calories: 45

PREP TIME: 20 min



## Ingredients

1 cup strawberries, diced (use fresh or frozen)

1 cup watermelon, cubed

1 cup pineapple chunks, fresh or canned packed in natural juice (do not drain)

## Directions

1. Stir fruit together in medium bowl.
2. Cover and chill. Serve as soon as possible.