



PHOTO CREDIT: JSY

Blueberry Thyme Fruit Salad

Source: Just Say Yes to Fruits and Veggies

Serving size: 1 cup **Servings per recipe:** 5

Summertime is a great time to have blueberry thyme fruit salad!

Ingredients

2 cups blueberries
 4 chopped peaches or nectarines
 1 tablespoon chopped fresh thyme leaves
 1 teaspoon grated peeled ginger
 1/4 cup lemon juice
 1 teaspoon grated lemon peel

Materials

measuring cups, measuring spoons, cutting board, sharp knife, grater, peeler

Directions

1. In a large bowl, combine all ingredients. Mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Refrigerate leftovers.

Nutrition Facts

5 servings per container

Serving size 1 cup

Amount per serving

Calories **90**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **8%**

Dietary Fiber 3g **11%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 14mg **2%**

Iron 1mg **6%**

Potassium 297mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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