

A different take on a refreshing fruit salad.

INGREDIENTS:

- 1 cup unsweetened apple juice
- 2 tablespoons honey
- 4 teaspoons finely chopped crystallized ginger
- 4 teaspoons lemon juice
- 4 cups cantaloupe balls
- 1 cup sliced fresh strawberries
- 1 cup fresh blueberries
- 2 teaspoons chopped fresh mint leaves



INSTRUCTIONS:

1. In a small saucepan, combine apple juice, honey, ginger and lemon juice. Bring to a boil over medium-high heat. Cook and stir 2 minutes or until mixture is reduced to 3/4 cup. Remove from heat. Cool completely.
2. In a serving bowl, combine cantaloupe, strawberries, blueberries and mint. Drizzle with cooled apple juice mixture; gently toss to coat.

NUTRITION

1 cup: 113 calories, 1g fat (0 saturated fat), 0 cholesterol, 14mg sodium, 28g carbohydrate (23g sugars, 2g fiber), 1g protein

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.