

Honey Ginger Fruit Salad

INGREDIENTS

3 tablespoons honey
2 tablespoons orange juice
1 tablespoon lemon juice
1 tablespoon fresh chopped mint
1 teaspoon fresh minced ginger
2 cups cubed melon, such as honeydew and/or watermelon

2 cups seedless red grapes, halved
1 pint strawberries, halved

Mix honey, orange juice, lemon juice, mint and ginger in a small bowl until well blended. Place fruit in large serving bowl.

Add dressing; toss gently to coat. Cover. Refrigerate at least 2 hours or overnight to serve .

NUTRITION TIPS

Ginger has been scientifically proven to help with digestion and nausea, lessen muscle pain, lower cholesterol, and much more.