

Rehydrating Fruit Salad

Instructions

1. Place all chopped fruit and veggies in a large bowl.
2. Make the dressing by whisking together the lemon juice, olive oil, honey, poppy seeds, and salt in a small bowl.
3. Pour the dressing over the fruit and veggies, and toss to evenly coat.
4. Sprinkle with feta and mint just before serving.

Note: This recipe makes approximately six servings. Enjoy after a hot workout or adventure to replenish those fluid, electrolyte, and carbohydrate stores. Pair with a protein to round out your recovery!

Ingredients

- 3 kiwis, peeled and sliced into rounds
- 3 apricots or peaches, sliced thinly
- 1 quart of strawberries, destemmed and quartered
- 1 small watermelon or ½ of a traditional watermelon, rind and seeds removed, cut into small slices
- 3 Persian cucumbers, sliced into rounds
- 1-2 lemons, freshly juiced
- 2 tbsp extra virgin olive oil
- 1 tbsp honey
- 2 tsp poppy seeds
- 1 sprinkle of pink Himalayan or coarse sea salt (optional)
- ¼ cup of crumbled feta cheese
- 2 tbsp of mint leaves, finely chopped

Grocery List

Produce

- Kiwis
- Apricots or peaches
- Strawberries
- Watermelon
- Persian cucumbers
- Lemons
- Mint leaves

Pantry

- Raw honey (can also use maple or agave syrup)
- Extra virgin olive oil
- Poppy seeds
- Pink Himalayan or coarse sea salt

Dairy

- Feta cheese