

Fruit Salad with Cilantro Lime Dressing

Created by Kristy Regan for the NCNM SIBO Lab

Any tolerated fruits can be used in this recipe. It's nice to have a variety of tastes and colors.

Ingredients:

- 2 cups organic blueberries
- 1 cup organic raspberries
- 1 cup halved organic green grapes
- 1 cup cantaloupe
- $\frac{1}{4}$ cup lime juice
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup finely chopped cilantro (mint may be substituted)

1. Cut fruit into bite sized pieces and add to large bowl.
2. In a separate bowl, mix the lime juice with honey until incorporated. Stir in the cilantro.
3. Before serving, add dressing to the fruit and stir.