

Side | Snack | Breakfast | Lunch

Soothing Mixed Berry Salad

Side Effect: Nausea/Vomiting

10 Mins
Prep Time

0 Mins
Cook Time

6-8
Servings

180 Calories **1g Fat** **45g Carbs** **1g Protein**



Ingredients

6-8 Servings **10 Mins Total Time** **Allergens: None**

16 oz Carton Strawberries, **washed thoroughly**

1 Pint Blueberries, **washed thoroughly**

6 oz Container Raspberries, **washed thoroughly**

2 Packets, Ginger Green Tea

½ Cup Boiling Water

½ Cup Honey, **pasteurized**

2 Tbsp Fresh Mint, **washed thoroughly** and minced

Nourishment Note



Ginger Green Tea

Ginger has long been used as a remedy to fight against nausea. The green tea contains antioxidants to help protect healthy cells.



Mint

Mint can be helpful in relieving an upset stomach or nausea. The leaves contain menthol which may act as a natural pain reliever.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Make Tea

Steep ginger green tea packets in the boiling water for 7-8 minutes. Discard tea packets. Mix honey into the tea until dissolved.

3. Combine Ingredients

In a large mixing bowl combine berries and mint. Drizzle tea mixture over berries. Toss to combine.

4. Enjoy!

Enjoy salad within 2 hours of eating. Store leftovers in refrigerator for up to 3 days.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Chef, Chad Beuter.

What You'll Need



Colander



Mixing Bowl



Spoon



Cutting Board



Knife



Measuring Cups

Fatigue Buster

- This recipe can be made in advance and stored in the refrigerator for up to 3 days.
- Look for pre-cut strawberries in the deli or produce section at your local grocery store to minimize prep time.