

Side | Snack

# Melon Mint Salad

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**6**  
Servings

**38** Calories **0g** Fat **10g** Carbs **0g** Protein



## Ingredients

**6** Servings **10 Mins** Total Time **Allergens: FODMAPs**

**2 Cups** Seedless Watermelon, cubed (pre-cut melon works best)

**2 Cups** Cantaloupe, cubed (pre-cut melon works best)

**1½ Tbsp** Mint, minced

**1½** Limes, juiced

**½ Tbsp** Honey

### Allergen Swap

**FODMAPs** Omit watermelon; Omit honey and replace with white sugar

### Nourishment Note



#### Watermelon

Watermelon contains electrolytes, which are important during an IBD flare. It also has a high water concentration to help maintain hydration.



#### Cantaloupe

Cantaloupe is a good source of folate, a key nutrient in IBD. It also has a high water concentration to help maintain hydration.



#### Mint

Research shows that mint may help alleviate stomach pain and indigestion.

## Instructions

### 1. Add Ingredients

To a large bowl, add all the ingredients.

### 2. Combine

Gently toss to combine. Add more mint or lime, if necessary.

Recipe Created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Measuring Cups



Measuring Spoons



Large Bowl



Mixing Spoon



Cutting Board



Knife

### Remission Remix

- Add additional fruit to this salad like blueberries, strawberries or raspberries.