



Healthy Fruit Salad Plate

There are many healthy fruit salad recipes on the internet. Many of them talk about the benefits of eating fruit and vegetables, which is wonderful. In fact, I have other fruit salad recipes on this website. I chose to include this one because it made me happy on the day that I had it. Of course, you can use whatever vegetables you like just like I did. As with many of the recipes on this site, you can make it whatever you like - make it your own.

Ingredients

- Watermelon
- Kiwifruit
- Rockmelon
- Pineapple

Note: you can pick whatever fruit you like, I just felt like these and they were seasonably available where I am.

Method

1. Get fresh fruit of your choice & wash it

2. Cut the fruit
3. Arrange nicely on a plate & enjoy.