



Beach Ball Fruit Salad

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
9 cups	honeydew melon	2.25 L
8 cups	cantaloupe	2 L
8 cups	watermelon	2 L

Instructions

1. Using a melon baller, create fruit balls from each melon. Do not discard the remaining pulp, use it for smoothies instead.
2. Balls can be frozen for future use or served at room temperature.

Nutrition Information
Serving 85 g
Calories 30
Fat 0 g
Saturated 0 g
+ Trans 0 g
Sodium: 10 mg
Carbohydrates: 7 g
Fibre 1 g
Sugars 6 g
Protein 1 g
Calcium 6 mg
Iron 0 mg



Food Guide Servings

1 Vegetable & Fruit