



Fresh Melon Salad

Serves 8

2 cups freshly cut watermelon
2 cups freshly cut cantaloupe
2 cups freshly cut honeydew melon
2 tbsp honey
1 tbsp raspberry vinegar
1 tbsp extra virgin olive oil
1/2 tsp red pepper flakes

Combine melons into a large bowl and set aside. In a medium size bowl whirl together honey, raspberry vinegar, olive oil and pepper flakes. Pour dressing over melons gently combine to coat. Chill and serve.

Nutritional Analysis

Calories	72
Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	15mg
Carbohydrates	14g
Fiber	1g
Sugars	13g
Protein	1g

Diabetic Exchanges:

Protein	0
Carbohydrates	1
Fat	0