

HEY DUGGEE

Hey Duggee – Valentine's Heart Fruit Salad Recipe



Ingredients (serves 4):

- ½ seedless watermelon
- ½ honeydew or cantaloupe melon
- 200g strawberries
- 150g raspberries
- 100g blueberries
- 1 Tbsp honey (optional)

Note: A grown up is needed to supervise and help with preparation and cutting. Please be cautious of small pieces and cut up all blueberries, raspberries, and strawberries.

Method:

- Cut the melons into round slices, around 2cm thick.
- Using a small heart shaped cookie cutter, stamp heart shapes from the melon.
- Remove the leaves from the strawberries and cut the strawberries into quarters.
- Place the blueberries, raspberries and strawberries in a large bowl and mix together to make a simple fruit salad.
- Drizzle with a little honey (optional), then top with the melon hearts before serving for a fun and healthy Valentine's snack or dessert.
- Enjoy!

