

Saladmaster Fruit Salad



Prep:

10 mins

Total:

20 mins

Sirve:

20 servings

Pieza:

Saladmaster Food Processor

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Fruit Salad will always be a favorite at any gathering. With the Saladmaster Food Processor, you can whip up a fruit salad for everyone to enjoy in minutes! Pick your favorite fruits and let the processor do the rest for you!

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2 cantaloupes, sliced, use Cone #3
1 honeydew melon, sliced, use Cone #3
1 small
watermelon, seedless, use Cone #4
10 strawberries, sliced, use Cone #3
6 kiwis, peeled and sliced, use Cone#4
1 orange, juiced
½ orange zest, shredded, use Cone #1
1 pint
blueberries

Preparación :

1. Use a knife to slice whole watermelon in half. Then slice each half into 3 or 4 equal sections. Do the same with the honeydew, and cantaloupe melons.
2. Remove the food guide from Food Processor. Process honey dew and cantaloupe using No. 3 cone. Then place strawberries in hopper of Food Processor to process using no. 3 cone.
3. Using a knife, take each piece of watermelon and apply 3 horizontal cuts of equal width (see video). Process watermelon and kiwi using No. 4 cone.
4. Using No. 1 cone, grate zest from orange.
5. Add blueberries and freshly squeezed orange juice.
6. Combine ingredients well and chill until ready to serve. Enjoy!

Información nutricional por ración

Calorías: 108
Grasa Total: 1g
Grasa 1g
Saturada:
Colesterol: 0mg
Sodio: 11mg
Carbohidratos: 25g
Fibra 4g
Dietética:
Azúcar: 18g
Proteína: 1g