

JULY RECIPE FROM LYDIA'S KITCHEN

TOP
10

RECIPES
FOR MAY



Recipe **1**

HONEY LIME

Fruit Salad

SWEET • ZESTY • REFRESHING

A vibrant and refreshing fruit salad tossed in a honey lime dressing. Perfect for breakfast, brunch or a healthy snack!

INGREDIENTS



- 1 cup strawberries, hulled and sliced
- 1 cup blueberries
- 2 kiwis, peeled and sliced
- 1 cup pineapple, chopped
- 1 cup grapes, halved
- 1 orange, peeled and segmented
- 1 mango, diced

HONEY LIME DRESSING



- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 1 teaspoon lime zest
- ½ teaspoon vanilla extract (optional)

INSTRUCTIONS



- 1** Wash and prepare all the fruits. Cut into bite-sized pieces.



- 2** In a small bowl, whisk together honey, lime juice, lime zest and vanilla extract.



- 3** In a large serving bowl, add all the prepared fruits.



- 4** Pour the honey lime dressing over the fruit.



- 5** Gently toss to coat everything evenly.



- 6** Chill for 15–20 minutes for the best flavour (optional).



- 7** Serve fresh and enjoy!



WHY YOU'LL LOVE IT



- ✓ Naturally sweet and delicious
- ✓ Packed with vitamins & antioxidants
- ✓ Light, healthy and hydrating
- ✓ Perfect for warm May days
- ✓ Ready in under 15 minutes!

PERFECT FOR



Breakfast



Picnics



Brunch



Healthy Snack

NUTRITION PER SERVING

(Approx.)



150
Calories



2g
Protein



0g
Fat



35g
Carbs

Values may vary based on ingredients used.

Eat Well • Live Well • Enjoy May!

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JULY RECIPE FROM LYDIA'S KITCHEN

Honey Lime Fruit Salad

Fresh • Colourful • Naturally Sweet

This refreshing Honey Lime Fruit Salad is bursting with vibrant colours, juicy fruits, and a light honey-lime dressing. It's the perfect healthy dessert, breakfast side, picnic treat, or family snack during the warmer months.

Packed with vitamins, antioxidants, and natural sweetness, this simple recipe is loved by both children and adults.

Serves

6–8 people

Preparation Time

15 minutes

Ingredients

For the Fruit Salad

- 2 cups strawberries, sliced
- 2 cups pineapple chunks
- 2 cups watermelon cubes
- 1 cup blueberries
- 2 kiwis, peeled and sliced
- 2 oranges, segmented
- 1 cup green grapes, halved
- 1 cup red grapes, halved

For the Honey Lime Dressing

- 3 tablespoons honey
 - Juice of 2 fresh limes
 - 1 teaspoon lime zest
 - 1 tablespoon fresh mint, finely chopped (optional)
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Instructions

Step 1

Wash all fruit thoroughly.

Step 2

Prepare the fruit by slicing strawberries, kiwi, oranges, grapes, watermelon, and pineapple.

Step 3

Place all prepared fruit into a large mixing bowl.

Step 4

In a small bowl, whisk together honey, lime juice, lime zest, and mint.

Step 5

Pour the dressing over the fruit.

Step 6

Gently toss until all fruit is evenly coated.

Step 7

Chill for 20–30 minutes before serving for maximum flavour.

Family Serving Ideas

This fruit salad pairs beautifully with:

Breakfast

- Greek yogurt
- Granola
- Wholegrain toast
- Pancakes

Lunch

- Sandwiches
- Wraps
- Salads

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Dessert

- Vanilla yogurt
- Ice cream
- Cheesecake
- Sponge cake

Summer Gatherings

- BBQs
- Picnics
- Family parties
- Church events

Nutritional Information

Per Serving (Based on 8 Servings)

- Calories: 120
- Protein: 2g
- Carbohydrates: 30g
- Fibre: 4g
- Natural Sugars: 24g
- Fat: 0.5g
- Sodium: 5mg
- Vitamin C: 85% DV
- Vitamin A: 15% DV
- Potassium: 8% DV

Health Benefits

Strawberries

Rich in Vitamin C and antioxidants that support immune health.

Blueberries

Known for supporting brain health and fighting inflammation.

Pineapple

Contains bromelain, which may aid digestion.

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Watermelon

Hydrating and low in calories.

Kiwi

Excellent source of Vitamin C and fibre.

Citrus Fruits

Provide immune-supporting nutrients and refreshing flavour.

Why Families Love This Recipe

- ✓ Quick and easy to prepare
 - ✓ Naturally sweet with no refined sugar
 - ✓ Encourages children to eat more fruit
 - ✓ Perfect for warm weather
 - ✓ Budget-friendly
 - ✓ Great for entertaining guests
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Lydia's Kitchen Healthy Eating Tip

Aim to include a variety of fruit colours in your meals. Different coloured fruits provide different vitamins, minerals, and antioxidants that help support overall health and wellbeing.

Chef's Tip

For extra protein, serve with Greek yogurt or sprinkle with chopped nuts before serving.

 Eat Well • Live Well • Enjoy June!

Lydia's Kitchen

Bringing Families Together Through Great Food