



✂ Snack ⏱ 15 min

Fruit salad in a watermelon, stuffed with organic yogurt, Chiquita bananas, red fruit, seeds and nuts

Try out this healthy tasting and refreshing fruit salad! Made in a watermelon, this easy recipe with organic yoghurt, Chiquita bananas, red fruit, seeds and nuts will be benefit for your body.

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Cut the Chiquita banana into halves and then split down the middle.

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Cut the small watermelons into halves and scoop the flesh. Cut the flesh into cubes.

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INGREDIENTS FOR 2 PERSONS

- 1 Chiquita banana
- 2 small watermelons
- 2 cups of yogurt
- 1/3 cup of red fruit
- 3/4 cup of granola
- 1/2 cup of mixed nuts

NUTRITIONAL VALUES PER PERSON

- 432 Calories
- 13,8g Fat
- 3,8g Saturates
- 55,4g Carbohydrate
- 39g Sugars
- 6,2g Fibre
- 12,6g Protein
- 0,2g Salt

Pour the yogurt into the watermelon and top with granola, nuts and red fruit.



2

Enjoy and share your fruit salad recipe using #ChiquitaBanana

