

FitFacts®

Summer Fruit Recipes

SO MANY FRUITS, LIKE JUICY PEACHES, SWEET MELONS AND TANGY PLUMS, ARE PLENTIFUL IN THE MARKETS DURING THE SUMMER. WHILE DELICIOUS ON THEIR OWN, TRY THESE QUICK AND SIMPLE TWISTS WITH YOUR KIDS FOR A SPECIAL SUMMER SNACK!

MINTY MELON BALLS

- ½ medium-sized watermelon
- 1 cantaloupe
- 1 honeydew melon
- 1 lime
- ½ cup fresh mint, finely chopped
- ¼ cup honey

Slice the honeydew and cantaloupe in half and scoop out the seeds. To create the melon balls, use a melon scooper to scoop each of the melon halves into a large bowl. In a separate small bowl, squeeze the juice of one lime. Mix the honey and chopped mint into the lime juice and stir well. Drizzle over the melon balls and mix. Serve chilled.

APRICOT YOGURT BITES

- 4 ripe apricots
- ½ cup low-fat vanilla yogurt
- ¼ cup fresh blueberries (or use dried fruit such as blueberries, cranberries or cherries)

Slice each apricot in half, removing the seed from the middle. Place the apricot halves on a plate with the pit side facing up. Spoon approximately 1 tablespoon of yogurt into the pitted area of the apricot half and repeat until all apricot halves are full. Top the yogurt with one blueberry (or whichever berry you choose) and serve.



CUCUMBER

- 1 English cucumber
- ½ lemon
- 1-2 teaspoons chili powder
- 1 teaspoon salt

Cut the cucumber into 1/8-inch slices. Squeeze the lemon juice over the cucumber slices and then sprinkle with salt and chili powder.

ADDITIONAL RESOURCES

[American Council on Exercise](#)

ACE Fit: [Kid Friendly Recipes](#)

ACE Fit Life: [How to Get More Fruits and Veggies in Your Day](#)