



# Simple Fruit Bowl

Serves: 10 servings

Active time: 20 minutes

Total time: 20 minutes

## Ingredients

1 cup pineapple, cubes  
1 cup ripe papaya, cubes  
1 cup mango, cubes  
1 cup grapes, sliced into half  
1 cup cucumber, cubes  
1 cup banana, sliced  
1 cup kiwi fruit, sliced (optional)  
½ cup pomegranate (optional)  
1 cup orange (peeled)  
4 tbsp lemon juice  
1 tbsp mint, sliced  
1 tsp chia seeds



## Directions

- Place all sliced fruits in a bowl, add lemon, mint and chia.
- Toss gently.
- Serve immediately.