

BLUEBERRY THYME FRUIT SALAD

If your peaches aren't ripe yet, place in a paper bag to speed up the process.



food
bank
of the Southern Tier

Just Say Yes

To Fruits & Vegetables

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FIDELIS CARE®

BLUEBERRY THYME FRUIT SALAD

SERVES 5 • SERVING: 1 CUP

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INGREDIENTS:

- 2 cups blueberries
- 4 chopped peaches or nectarines
- 1 tablespoon chopped fresh thyme leaves
- 1 teaspoon peeled and grated ginger
- ¼ cup lemon juice
- 1 teaspoon grated lemon peel

DIRECTIONS:

1. In a large bowl, combine all ingredients. Mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.