



## Sweet Strawberry Salad



Servings: 1

Ingredients	Nutrient value per serving
1 cup fresh strawberries ½ T. unsweetened coconut flakes ½ - 1 T. coconut balsamic or white balsamic vinegar	Exchanges ..... 1 fruit ..... ½ fat Calories .....89 Calories from Fat.....27 Total Fat.....3 g Saturated Fat ..... 1 g Cholesterol .....0 mg Sodium .....8 mg Carbohydrate .....16 g Fiber .....3 g Sugar ..... 9 g Protein.....1 g
Instructions	Notes
<ol style="list-style-type: none"> <li>1. Wash fresh strawberries and slice into halves.</li> <li>2. Add strawberries to a bowl and drizzle ½ - 1 T. coconut balsamic vinegar. White balsamic vinegar works well too and is more readily available.</li> <li>3. Top with ½ T. unsweetened coconut flakes, mix everything together and enjoy!</li> </ol>	<p>Prep and cook time: 10 min.</p> <p><i>It's the little things that make life sweeter. If you're heading to a cookout this summer, or if you're just looking to try a light and tasty dessert, give this three-step fruit salad a try.</i></p> <p>All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.</p>