



Fruit salad in a cube

5'
Hands on

2
Portion(s)

1
Difficulty



Method

- Peel and **cut** the kiwis into 1 or 2 cm. cubes.
- Cut the feta cheese and the watermelon into 2 cm. cubes.
- To assemble the "cubic salad" set one feta cheese cube next to a watermelon cube and two kiwi cubes (in case the kiwi cubes are 2 cm. long, place one kiwi cube instead).
- Continue and set the rest of the cubes next one on top of the other so at the end you will have a large cube.
- **Serve** with spearmint.

Ingredients

- 2 kiwis
- 100 g feta cheese
- 100 g watermelon
- mint leaves, to serve

Διατροφικός πίνακας

Nutrition information per portion

177 Calories (kcal)	11.0 Total Fat (g)	6.9 Saturated Fat (g)	10.0 Total Carbs (g)
9%	16%	35%	4%
10.0 Sugars (g)	8.6 Protein (g)	1.4 Fibre (g)	1.3 Sodium (g)
11%	17%	6%	22%