

Melon Salad

INGREDIENTS

- 2C watermelon, cubed
- 1C cantaloupe, cubed
- 1 medium cucumber, chopped
- 1/2C blueberries
- 1-2 Fuji apple, chopped
- 1/2C Goats milk feta
- 2-3TBS hemp seeds

Dressing

- 3-4TBS avocado oil
- 1-2 limes, juice and zest
- 2-3TBS basil, chopped
- 1/2tsp Himalayan sea salt

1. In a separate mixing bowl, combine all dressing ingredients and whisk well
2. Meantime, add chopped veggies and to large bowl then coat with dressing, mix together.
3. Transfer to serving dish and top with feta and hemp seeds.