



Bird Fruit Salad



Vegetarian ~ Dairy-free ~ Nut-free ~ Egg-free ~ Gluten-free



Substitute any of these seasonal spring fruits for your personal favorite fruit salad ingredients. This recipe makes enough salad for 3 people to share.

Ingredients:

- 1 cup strawberries
- 1 cup blueberries
- 1 grapefruit
- 2 clementines
- 1 avocado (optional!)

For the dressing:

- 1 Tablespoon honey
- 2 Tablespoons freshly squeezed lemon juice
- ½ teaspoon lemon zest
- A few chopped mint leaves

As the season changes from winter to spring, there are more hours of sunlight in the day. More sunlight means plants can do more photosynthesis to get energy from the sun and grow new leaves, shoots, flowers, and fruits. In spring we start to see more fruits and berries ripening, which provide birds with lots of energy to find a mate, build a nest, and raise their chicks. When birds eat fruits, they help spread the seeds to a new area where those seeds may sprout and grow. In this way, birds and plants are connected in their habitat and help each other grow!

Try this Bird Fruit Salad recipe to find out just how tasty some birds' meals are!

Steps:

1. Wash your hands!
2. Wash all of the fruit.
3. With the help of an **adult**, prepare all of the fruit. Remove the leaves from the strawberries and cut in half. Peel the grapefruit and cut into bite size pieces. Peel the clementines and separate the sections. Cut the avocado into slices or bite size pieces.
4. Add all of the blueberries and cut fruit into a bowl.
5. Mix the honey, lemon juice, and lemon zest in a small mason jar. Make sure the lid is on tightly, and then shake to combine.
6. Pour the dressing over the fruit salad and gently toss to combine.
7. Add a few chopped mint leaves on top, and it's done!

Enjoy your Bird Fruit Salad!



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