



**Sarah Carolides**  
HEALTH

Summer fruits to make your Skin  
Glow

---

Sarah Carolides  
<https://www.sarahcarolides.com>



## Orange Chicken Salad

2 servings

10 minutes

### Ingredients

1 Navel Orange (large)  
1/2 Lime (juiced)  
7 grams Honey  
15 milliliters Extra Virgin Olive Oil  
3 grams Sea Salt  
40 grams Arugula  
60 grams Radicchio (thinly sliced)  
198 grams Chicken Breast, Cooked (chopped)

### Directions

- 1 Supreme the navel orange by using a sharp knife to slice the rind and peel off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
- 2 Squeeze the juice from the set-aside leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
- 3 Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate the salad and the dressing in separate containers for up to three days. Mix together before serving.

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add shallot and dill to the dressing.

**Additional Toppings:** Fresh cilantro and mint.

**Make it Vegan:** Omit the chicken and add tofu or chickpeas instead.



## Pineapple Kiwi Smoothie

1 serving

5 minutes

### Ingredients

165 grams Pineapple (chopped, fresh or frozen)

1 Kiwi (peeled)

1/16 head Green Lettuce (separated into leaves and washed)

240 milliliters Unsweetened Almond Milk

113 grams Plain Greek Yogurt

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

**Dairy-Free:** Use coconut yogurt instead of Greek yogurt.

**Nut-Free:** Use cow's milk or any other milk alternative.

**More Flavor:** Add protein powder, chia seeds, hemp seeds, honey, or mango.



## Yogurt Stuffed Papaya

1 serving  
10 minutes

### Ingredients

140 grams Papaya (medium)  
170 grams Plain Greek Yogurt  
15 grams Granola  
32 grams Cashew Butter  
31 grams Raspberries  
37 grams Blueberries

### Directions

- 1 Cut the papaya in half lengthwise and remove the seeds.
- 2 Plate the papaya and fill it with yogurt, granola, cashew butter, and berries. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Store the papaya in the fridge for up to a week and add the toppings just before enjoying.

**Papaya:** Half of a medium papaya is approximately equal to one cup of papaya.

**Serving Size:** One serving is equal to half of a papaya with toppings.

**Dairy-Free:** Use coconut yogurt or other non-dairy yogurt.

**Nut-Free:** Use sunflower seed butter instead of cashew butter.

**Additional Toppings:** Top with maple syrup, chia seeds, hemp seeds, and/or pumpkin seeds.



## Chocolate Protein Oats with Berries no eggs

1 serving  
15 minutes

### Ingredients

41 grams Oats (rolled)  
178 milliliters Water  
120 milliliters Unsweetened Almond Milk  
8 grams Cocoa Powder  
20 grams Maple Syrup  
37 grams Blueberries  
31 grams Raspberries

### Directions

- 1 In a small pot over medium-high heat, add the oats, water and almond milk. Bring to a gentle boil then reduce heat to low and simmer for 10 to 12 minutes or until the oats are tender. Stir occasionally to prevent burning.
- 2 Add in the cocoa powder and maple syrup. Whisk until combined.
- 3 Whisk continuously for 2 minutes until oatmeal is thick and creamy.
- 4 Remove the pot from the heat, transfer oats to a bowl and top with berries. Enjoy!

### Notes

**No Almond Milk:** Use coconut milk instead.  
**No Maple Syrup:** Use honey instead.  
**No Berries:** Use banana instead.



## Watermelon Salad

2 servings

15 minutes

### Ingredients

20 grams Maple Syrup  
1/4 Lime (juiced)  
15 milliliters Extra Virgin Olive Oil  
750 milligrams Sea Salt  
1/4 Seedless Watermelon (diced into cubes)  
1/2 Cucumber (diced)  
13 grams Mint Leaves  
75 grams Feta Cheese (crumbled)

### Directions

- 1 In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
- 2 In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
- 3 Divide into bowls and drizzle with desired amount of dressing. Enjoy!

### Notes

**Make it Greek:** Add thinly sliced red onion and black olives.

**More Protein:** Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

**More Greens:** Add more fresh herbs, arugula or chopped basil.

**Watermelon Size:** This recipe was developed and tested using a 5 lb. watermelon.