



Lemon Mint Berry Fruit Salad

Yield: 8 servings

Prep Time: 10 minutes

Total Time: 10 minutes

Fruit salad is something I make all the time when my family comes to visit and I also regularly take one to brunches at friend's houses. This berry fruit salad is simple to make and the addition of lemon, honey and mint takes it from a good salad to a great one.

Ingredients:

- 1 pint strawberries, rinsed, stems removed and cut in quarters
- 1 pint blueberries, rinsed and patted dry
- 1 pint blackberries, rinsed and patted dry
- Juice of 1 lemon
- 1 teaspoon honey
- ¼ cup finely chopped fresh mint

Instructions:

1. In a serving bowl, toss together the strawberries, blueberries and blackberries.
2. In a small bowl, whisk together the lemon juice and honey. Drizzle the mixture over the top of the berries and toss to combine.
3. Sprinkle the mint on top of the fruit salad and toss gently to combine.
4. Cover and refrigerate until ready to serve.

Lemon Mint Berry Salad	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	54
	% Daily Value*
Total Fat	0.4 g 1 %
Saturated Fat	0 g 0 %
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	2.1 mg 0 %
Total Carbohydrate	13.1 g 5 %
Dietary Fiber	3.8 g 13 %
Total Sugars	8.2 g
Added Sugars	0.7 g 1 %
Protein	1.1 g
Vitamin D	0 mcg 0 %
Calcium	24.8 mg 2 %
Iron	0.8 mg 5 %
Potassium	164.6 mg 4 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Full Info at cronometer.com	