

Treasure Barrel

Best Fruit Salad Recipe – Fresh & Easy

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup strawberries, hulled and sliced
- [ ] 1 cup blueberries
- [ ] 1 cup blackberries
- [ ] 2 kiwis, peeled and quartered
- [ ] 1 orange, segmented
- [ ] 1/4 cup fresh mint leaves, torn

Dressing

- [ ] 2 tbsp raw honey
- [ ] 1 tbsp lime juice
- [ ] 1 tsp orange zest
- [ ] Pinch of sea salt

Instructions

1. Wash all fruit gently, pat dry, and cut into bite-size pieces.
2. In a small bowl, whisk honey, lime juice, orange zest, and sea salt until smooth.
3. Place fruit in a large bowl, pour the dressing over, and toss lightly to coat.
4. Add mint leaves and give one final gentle toss.
5. Serve immediately or chill for 10 minutes. For a fun dip, try fruit dip on the side.

Nutrition per serving

180 kcal	3 g	42 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a glass bowl to showcase the vibrant colors.
- If you prefer less sweetness, reduce honey to 1½ tbsp.
- Add a sprinkle of toasted nuts for extra crunch.