

Treasure Barrel

Creamy Vanilla Pudding Fruit Salad

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

Ingredients

Pudding Base

- [ ] 1 packet vanilla pudding mix (about 4 tbsp)
- [ ] 2 cups cold milk
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp lemon juice
- [ ] Pinch of cinnamon or nutmeg

Fruit Mix

- [ ] 1 cup strawberries, hulled and sliced
- [ ] 1 cup blueberries
- [ ] 1 kiwi, peeled and diced
- [ ] 1 orange, segmented
- [ ] Optional: 1/2 cup mango chunks

Finishing Touch

- [ ] Whipped cream for topping (optional)
- [ ] Fresh mint leaves for garnish

Instructions

1. In a medium bowl, whisk together the vanilla pudding mix, cold milk, honey, lemon juice, and a pinch of spice until smooth; let it set for 2-3 minutes until it begins to thicken.
2. While the pudding is thickening, prepare the fruit: wash, dry, and cut all pieces into bite-size morsels, then gently toss them with a splash of lemon juice.
3. Fold the fruit into the slightly cooled pudding, being careful not to crush the berries; the pudding should coat each piece lightly.
4. Divide the mixture into serving glasses or a large bowl, top with a dollop of whipped cream, a sprinkle of cinnamon, and a mint leaf. Chill for at least 10 minutes before serving.

Nutrition per serving

210 kcal	4 g	42 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding sets too firm, stir in a tablespoon of cold milk to loosen.
- For extra crunch, add toasted nuts just before serving.
- Adjust sweetness by tasting the pudding before adding fruit.