

Treasure Barrel

Fruit Salad with Sour Cream and Marshmallows

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

Ingredients

Fruit Base

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced pineapple
- [ ] 1 cup seedless grapes, halved
- [ ] 1 cup cubed cantaloupe
- [ ] 1 tablespoon fresh lemon juice

Creamy Dressing

- [ ] 1 cup sour cream
- [ ] 2 tablespoons honey
- [ ] 1 teaspoon vanilla extract
- [ ] Pinch of salt

Sweet Add-Ins

- [ ] 1/2 cup mini marshmallows
- [ ] Optional: fresh mint leaves for garnish

Instructions

1. Wash all fruit gently, pat dry, then cut larger pieces into bite-size cubes.
2. In a large bowl, whisk sour cream, honey, vanilla, lemon juice, and a pinch of salt until smooth.
3. Add the fruit to the dressing, tossing carefully so each piece is lightly coated.
4. Fold in mini marshmallows just before serving to keep them soft and fluffy.
5. Garnish with a few mint leaves, chill for 10 minutes, then serve.

Nutrition per serving

210 kcal	3 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter dressing, substitute half of the sour cream with Greek yogurt.
- Add a splash of honey lime dressing for extra brightness.
- For a richer texture, drizzle a tiny amount of melted marshmallow fluff over the top.