

Treasure Barrel

Secret Ingredient Fruit Salad

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

Ingredients

Fruit Mix

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced mango
- [ ] 1 cup seedless grapes, halved
- [ ] 1 kiwi, sliced
- [ ] 1 small apple, cubed

Citrus-Mint Syrup

- [ ] 3 tbsp fresh lemon juice
- [ ] 2 tbsp honey
- [ ] 1 tbsp finely chopped fresh mint
- [ ] Pinch of sea salt

Finishing Touches

- [ ] Extra mint leaves for garnish
- [ ] Lemon zest, lightly grated

Instructions

1. Wash all fruit gently under cool water, pat dry with a clean towel, and cut into bite-size pieces.
2. In a small bowl, whisk together lemon juice, honey, chopped mint, and a pinch of sea salt until smooth.
3. Place the fruit in a large mixing bowl, drizzle the citrus-mint syrup over it, and toss lightly to coat.
4. Let the salad rest for five minutes, then garnish with extra mint leaves and a sprinkle of lemon zest.
5. Serve immediately or chill briefly; enjoy the burst of fresh flavors.

Nutrition per serving

180 kcal	3 g	45 g	1 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the fruit is very juicy, you may want to add a bit more honey to balance the extra acidity.
- For an added surprise, fold in a handful of pomegranate seeds just before serving.
- Use a glass or ceramic bowl to keep the salad cool and prevent any metallic taste.