

Treasure Barrel

Summer Fruit Salad – Fresh Sweet Treat

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

Ingredients

Main Ingredients

- [ ] 1 cup strawberries, hulled and halved
- [ ] 1 cup blueberries
- [ ] 1 cup raspberries
- [ ] 2 cups watermelon, cubed
- [ ] 2 cups cantaloupe, cubed
- [ ] 1 orange, segmented
- [ ] 1/2 grapefruit, segmented
- [ ] 10 fresh mint leaves, torn
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey (optional)

Instructions

1. Wash all berries gently under cool water, then pat dry with a clean towel.
2. Cube the watermelon and cantaloupe into bite-size pieces; place in a large mixing bowl.
3. Add the orange and grapefruit segments, then sprinkle the berries over the top.
4. Drizzle lime juice and honey, toss lightly, and finish with torn mint leaves.
5. Serve immediately or chill for a few minutes; enjoy the fresh burst of summer flavors.

Nutrition per serving

120 kcal	2 g	30 g	0.5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra sparkle, add a splash of sparkling water just before serving.
- If you prefer less acidity, reduce the lime juice and add a touch more honey.
- A pinch of sea salt can enhance the natural sweetness of the fruit.