

Mixed Berry Fruit Salad



Ingredients

1 orange
1 lime
1/4 cup honey
1/3 cup mint leaves, chopped
1 pound strawberries
1 pint blueberries
1 pint blackberries
1 pint raspberries

Instructions

In a large bowl, juice the orange and lime. Add honey and stir to combine. Add mint leaves and berries. Toss to coat.

Nutrition Information Per Serving

Serving Size: 1/2 cup

Serves 12

Calories: 80

Fat: 0 gm

Sodium: 0 mg

Fiber: 5 gm

Carbohydrates: 20 gm

Protein: 1 gm

Sugar: 13 gm