

Mixed Berry Fruit Salad



Ingredients

1/2 orange
1/2 lime
1/8 cup honey
2 Tbsp + 2 tsp mint leaves,
chopped
1/2 pound strawberries
1/2 pint blueberries
1/2 pint blackberries
1/2 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 6

Calories: 80

Fat: 0 gm

Sodium: 0 mg

Fiber: 5 gm

Carbohydrates: 20 gm

Protein: 1 gm

Sugar: 13 gm