

Strawberry Fruit Salad

This summer berry fruit salad recipe makes enough for a crowd. Serve with granola and yogurt at brunch, as a healthy potluck side, or halve the recipe to serve 4.



Ingredients

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 6 cups hulled fresh strawberries, halved (or quartered if large)
- 2 cups fresh blackberries
- ¼ cup finely chopped fresh mint

Instructions

1. Whisk honey and lemon juice in a large bowl. Add strawberries and blackberries; gently toss to coat. Let stand for at least 30 minutes and up to 1 hour. Stir in mint just before serving.

Yield:
8 servings

Active Time:
10 minutes

Total Time:
40 minutes

Nutrition Per Serving

70 Calories, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 17 g, Fiber: 4 g, Total Sugars: 12 g, Added Sugars: 4 g, Protein: 1 g, Sodium: 3 mg, Potassium: 252 mg, Folate: 40 mcg, Calcium: 35 mg

Carbohydrate Servings: 1