

Helergon Kitchen

# Best Fruit Salad Recipe – Fresh & Easy

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| **10 min**<br>Prep time | **10 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Salad**<br>Course |

## Ingredients

### Fruit Components

- [ ] 2 apples, cored and sliced
- [ ] 1 cup strawberries, hulled and quartered
- [ ] 1/2 cup blueberries
- [ ] 1/2 cup raspberries
- [ ] 1 orange, segmented

### Dressing

- [ ] 2 tbsp honey
- [ ] 1 tbsp fresh lime juice
- [ ] 1 tsp orange zest
- [ ] A pinch of sea salt
- [ ] Fresh mint leaves, torn

## Instructions

1. Wash all fruit under cold water, pat dry, and prepare the apples and berries as listed.
2. In a small bowl, whisk together honey, lime juice, orange zest, and a pinch of sea salt.
3. Place all fruit in a large mixing bowl and gently pour the dressing over it.
4. Toss lightly to coat, then sprinkle torn mint leaves on top.
5. Serve immediately or chill for up to 15 minutes; enjoy the fresh flavors.

### Nutrition per serving

| 180 kcal | 2 g | 45 g | 0.5 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a richer glaze, add a splash of fruit dip to the dressing.
- For a paleo twist, try the paleo fruit salad variation with coconut sugar.
- A drizzle of smoothie bowl yogurt adds creaminess if desired.