

Helergon Kitchen

Creamy Vanilla Pudding Fruit Salad

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 package (3.4 oz) instant vanilla pudding mix
- [ ] 2 cups cold almond milk
- [ ] 2 cups mixed fresh fruit (strawberries, kiwi, mango, blueberries)
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest
- [ ] Fresh mint leaves for garnish

Optional Add-Ons

- [ ] 1 tbsp finely chopped toasted almonds
- [ ] A pinch of sea salt

Instructions

1. In a bowl, whisk the vanilla pudding mix with the cold almond milk until smooth; let it set for 3-5 minutes until it begins to thicken.
2. While the pudding is setting, wash and slice the fruit into bite-size pieces; gently toss them together in a separate bowl.
3. Layer the pudding in a serving bowl, then spoon the fruit over the top, allowing the colors to peek through.
4. Drizzle honey, sprinkle lemon zest, and add a few mint leaves for fragrance.
5. Cover and chill for at least 30 minutes before serving. honey lime adds a bright note if you like extra zing.

Nutrition per serving

210 kcal	4 g	38 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding seems too thick, whisk in a splash of extra almond milk.
- For extra crunch, sprinkle toasted almonds just before serving.
- Taste the fruit before adding honey; some fruits are sweeter than others.