

Helergon Kitchen

Secret Ingredient Fruit Salad

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Salad** Course

Ingredients

Main Ingredients

- [ ] 2 cups mixed fresh berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced pineapple
- [ ] 1 cup cubed mango
- [ ] 1 apple, cored and sliced
- [ ] 1 orange, peeled and segmented

Dressing

- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] 1 tbsp honey
- [ ] 2 tbsp finely chopped fresh mint

Instructions

1. Wash all fruit gently, pat dry, then cut into bite-size pieces; keep the orange segments whole for bursts of juice.
2. In a bowl, whisk together the Greek yogurt, lime juice, zest, honey, and mint until smooth.
3. Place the fruit in a large serving bowl, drizzle the yogurt-lime dressing over it, and toss lightly to coat.
4. Taste and adjust sweetness or tang; if you like extra zing, add a splash of dragonfruit lemonade or extra lime.
5. Garnish with a few mint leaves and, if desired, a sprinkle of toasted almonds. Serve immediately or chill for 10 minutes.

Nutrition per serving

210 kcal	6 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the fruit is very juicy, you can lightly toss it with a pinch of salt to draw out excess moisture before adding the dressing.
- For a sweeter version, increase the honey by one more tablespoon.
- The salad pairs beautifully with a side of pineapple cookies for a playful contrast.