Honey-Mint Berry Salad

Ingredients:

1 pint strawberries, hulled and quartered
1 pint blueberries
1 pint cherries, pitted and halved
1/2 pint blackberries

Dressing:
1/4 cup honey
1/4 cup fresh lime juice
1/4 cup mint, chopped

Nutrition Facts
Serving Size (145g)
Servings Per Container 8

Amount Per Serving

Calories 100	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 3g	**12%**
Sugars 18g	
Protein 1g	

Vitamin A 2% • Vitamin C 50%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Add all fruit to a large mixing bowl and gently toss together.
2. In a separate bowl or jar, whisk together honey, mint, and lime juice.
3. Drizzle the dressing on the salad to taste. Serve chilled.

For more information, please contact:
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