STRAWBERRY FRUIT SALAD

INGREDIENTS:

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 6 cups hulled fresh strawberries
- 2 cups fresh blackberries
- 1/4 cup finely chopped fresh mint

DIRECTIONS

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

Nutrition Facts

Serving Size (319g)
Servings Per Container 4

Amount Per Serving

Calories 140	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 8g	**32%**
Sugars 23g	
Protein 3g	

Vitamin A 4% • Vitamin C 250%

Calcium 6% • Iron 8%

*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

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Source: *layersofhappiness.com*