



Long Livo

Creamy Vanilla Pudding Fruit Salad

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Pudding Base

- ☐ 1 packet vanilla pudding mix (about 85 g)
- ☐ 2 cups whole milk (or dairy-free alternative)
- ☐ 1 tsp pure vanilla extract

Fruit Mix

- ☐ 2 cups mixed fresh fruit (strawberries, blueberries, kiwi, mango)

- ☐ 1 tbsp fresh lemon juice

- ☐ 1 tsp honey (optional)

Optional Toppings

- ☐ Fresh mint leaves, torn
- ☐ Extra drizzle of honey

Instructions

- 1** In a saucepan, whisk together the pudding mix, milk, and vanilla extract; heat gently, stirring until thick, then remove from heat and let cool slightly.
- 2** While the pudding cools, rinse and dice the fruit; toss with lemon juice and honey if using, then set aside.
- 3** Once the pudding reaches room temperature, fold the fruit mixture in gently, preserving the fruit's shape.
- 4** Cover the bowl and chill in the refrigerator for at least 15 minutes.
- 5** Before serving, garnish with mint leaves and an optional honey drizzle for extra sparkle.

Nutrition per serving

210 kcal

Calories

6 g

Protein

38 g

Carbs

5 g

Fat

Tips & notes

- If the pudding seems too runny, let it set a bit longer in the fridge.
- For extra texture, sprinkle toasted coconut or chopped nuts on top.
- Avoid over-mixing; you want distinct fruit pockets.