



Long Livo

Fruit Platter Recipe – Colorful Easy Snack

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 2 cups mixed berries (strawberries, blueberries, raspberries)
- ☐ 1 large apple, thinly sliced
- ☐ 1 cup seedless grapes, halved
- ☐ 1 cup pineapple chunks
- ☐ 1 cup melon balls (cantaloupe or honeydew)
- ☐ 2 tbsp fresh lemon juice
- ☐ 1 tbsp honey (optional)
- ☐ A handful fresh mint leaves, torn
- ☐ 2 tbsp toasted almond slivers

Instructions

- 1 Wash all fruit gently under cool water; pat dry with a clean kitchen towel.
- 2 Slice the apple, halve the grapes, and cut the pineapple into bite-size pieces; keep berries whole.
- 3 In a large bowl, toss the fruit with lemon juice and honey, if using, to coat evenly.
- 4 Arrange the fruit on a large platter, starting with the larger pieces, then fill gaps with berries and mint leaves.
- 5 Scatter toasted almond slivers and optional edible flowers over the top for a gentle crunch and visual pop.
- 6 Serve immediately, or cover loosely with plastic wrap and keep refrigerated for up to two hours.

Nutrition per serving

120 kcal

Calories

2 g

Protein

28 g

Carbs

2 g

Fat

Tips & notes

- If preparing ahead, add the lemon juice and honey only after the fruit is sliced to avoid sogginess.
- Use a chilled serving plate to keep fruit fresh longer.
- Feel free to swap in seasonal fruits like kiwi or oranges for variety.