



Long Livo

Secret Ingredient Fruit Salad – Refreshing Summer Treat

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Snack

Course

Ingredients

Main Ingredients

- ☐ 2 cups mixed berries (strawberries, blueberries, raspberries)
- ☐ 1 cup diced pineapple
- ☐ 1 cup cubed honeydew melon
- ☐ 1 cup seedless grapes, halved
- ☐ 1 ripe mango, cubed

Dressing

- ☐ 3 tbsp fresh lime juice
- ☐ 2 tbsp honey (or agave for vegan)
- ☐ 1 tbsp finely chopped fresh mint
- ☐ Pinch of sea salt

Optional Garnish

- ☐ 2 tbsp toasted coconut flakes
- ☐ Extra mint leaves for garnish

Instructions

- 1 Wash all fruit gently, pat dry, then cut into bite-size pieces; place in a large mixing bowl.
- 2 In a small bowl, whisk together lime juice, honey, chopped mint, and a pinch of sea salt until the honey dissolves.
- 3 Just before serving, drizzle the lime-mint dressing over the fruit and toss lightly to coat.
- 4 Scatter toasted coconut flakes and a few whole mint leaves on top for texture and color.
- 5 Serve immediately, or chill for up to ten minutes for an extra cool bite.

Nutrition per serving

150 kcal

Calories

2 g

Protein

36 g

Carbs

1 g

Fat

Tips & notes

- If the fruit is very sweet, reduce the honey to keep balance.
- Add the dressing right before serving to maintain fruit firmness.
- A splash of sparkling water turns the salad into a light mocktail.