

Plate Dream

Creamy Vanilla Pudding Fruit Salad

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Pudding Base

- [ ] 1 package (3.4 oz) vanilla pudding mix
- [ ] 2 cups milk (or dairy-free alternative)
- [ ] 1 tablespoon honey (optional)

Fruit Mix

- [ ] 1 cup strawberries, hulled and quartered
- [ ] 1 cup blueberries
- [ ] 1 cup mango, diced
- [ ] 1 cup kiwi, sliced
- [ ] 1 cup orange segments

Finishing Touches

- [ ] Zest of 1 lemon
- [ ] 2 tablespoons fresh mint leaves, chopped
- [ ] Pinch of sea salt

Instructions

1. In a medium bowl whisk the vanilla pudding mix with the milk until smooth; let it sit for 2 minutes, then stir in honey if using.
2. While the pudding begins to set, wash and dry all fruit, then cut into bite-size pieces; keep the colors separate for visual appeal.
3. Gently fold the fruit into the slightly thickened pudding, being careful not to crush the berries.
4. Add lemon zest, a pinch of sea salt, and the chopped mint; give it one last light stir.
5. Transfer the salad to a serving bowl, chill for at least 10 minutes, then serve with a garnish of extra mint leaves.

Nutrition per serving

210 kcal	5 g	38 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding is too thick, whisk in a splash of cold milk to loosen.
- For extra brightness, drizzle a tiny amount of lime juice over the fruit before mixing.
- You can prepare the pudding a day ahead; just keep fruit separate and combine just before serving.