

Plate Dream

Fruit Salad with Sour Cream and Marshmallows

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

Ingredients

Main Ingredients

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced pineapple
- [ ] 1 cup diced mango
- [ ] 1 cup diced apple
- [ ] 1 cup sour cream
- [ ] 2 tbsp honey
- [ ] 1 tbsp fresh lime juice
- [ ] ½ tsp vanilla extract
- [ ] ½ cup mini marshmallows

Optional Garnish

- [ ] Fresh mint leaves
- [ ] A drizzle of extra honey

Instructions

1. Wash all fruit gently, pat dry, then dice into bite-size pieces; place them in a large mixing bowl.
2. In a separate bowl, whisk sour cream with honey, lime juice, and vanilla until smooth and glossy.
3. Pour the creamy mixture over the fruit, gently folding to coat every piece without crushing the berries.
4. Just before serving, fold in the mini marshmallows and sprinkle a few extra on top for visual charm.
5. Serve chilled in a glass bowl or individual cups; garnish with mint leaves and a light drizzle of honey if desired.

Nutrition per serving

210 kcal	3 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Add marshmallows at the very end to keep them fluffy.
- If the salad sits too long, the fruit may release juices – give it a quick stir before serving.
- A splash of orange juice can brighten the flavor profile.