Plate Dream

Summer Fruit Salad Recipe

A refreshing mix of juicy berries, sweet melons, and citrus, lightly dressed for a healthy treat.

15 min	15 min	4	Easy	American	Dessert
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 2 cups strawberries, hulled and sliced
- [ ] 1 cup blueberries
- [ ] 1 cup cantaloupe, cubed
- [ ] 1 cup honeydew melon, cubed
- [ ] 1 blood orange, segmented
- [ ] 1 lime, juiced
- [ ] 2 tbsp honey
- [ ] 1 tbsp fresh mint leaves, torn

Instructions

1. Wash all fruit gently under cool water, then pat dry with a clean kitchen towel.
2. Place the sliced strawberries, blueberries, cantaloupe, honeydew, and orange segments in a large mixing bowl.
3. In a small bowl whisk together lime juice, honey, and a pinch of sea salt; pour over the fruit and toss lightly.
4. Scatter torn mint leaves over the top, give one final gentle toss, and serve immediately.
5. If you like extra texture, sprinkle toasted almond slivers just before plating.

Nutrition per serving

120 kcal	2 g	30 g	0.5 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - The salad is best enjoyed fresh; let it sit longer than an hour and the fruit may release too much juice.
> - Adjust the honey amount based on the natural sweetness of your fruit.
> - For a tropical twist, add diced mango and pineapple.