

Choco Fever Dream

Secret Ingredient Fruit Salad – Refreshing Summer Treat

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**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	2 g	36 g	1 g
Calories	Protein	Carbs	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.