

## Colorful Fruit Salad with Citrus-Mint Dressing

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 4-6

**Serving Size:** 1 heaping cup fruit salad

### Ingredients:

1 medium organic cantaloupe, cut into 1-inch cubes  
 3 kiwi fruit, peeled and sliced into half moon shapes  
 1 pint organic strawberries, stems removed and quartered  
 6 ounces organic blueberries  
 1 tablespoon honey or agave  
 2 tablespoons fresh mint, minced  
 2 tablespoons orange juice  
 1 teaspoon orange zest  
 1 teaspoon fresh lime juice

### Directions:

1. Place agave or honey, orange juice, lime juice, and orange zest into a small bowl and whisk well to combine. Stir in minced mint and set aside.
2. Place all chopped fruit in a large salad bowl, then pour dressing over it and toss to combine well.
3. Serve at room temp or refrigerate for 30 minutes to 1 hour.

### Tips and Tricks:

If you are making this salad ahead of time, wait to add the dressing until within an hour or serving time.

### Nutritional Information Per Serving:

**Calories:** 146.2  
**Fat:** 0.6 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 31.7 mg  
**Total Carbohydrate:** 35.9 g  
**Dietary Fiber:** 6.0 g  
**Sugars:** 23.1 g  
**Protein:** 1.4 g