

Jamaican Fruit Salad With Lime and Honey

Ingredients:

- 1 ½ cup pineapple, diced
- 1 mango, diced
- 1 cup blackberries
- ½ cup strawberries, sliced
- ½ cup raspberries
- 1 Tbs honey
- 1 Tbs lime juice
- ¼ walnuts
- ¼ cup pistachios



*GLUTEN-FREE



*SOY FREE



*VEGAN

Nutrition Facts

8 servings per container

Serving size 1/2 cup

Amount per serving

Calories 100

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 2g Added Sugars 4%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.6mg 4%

Potassium 150mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Add all fruits to a large bowl.
2. Add honey and lime juice and gently toss to mix.
3. Top with walnuts and pistachios and serve.