

Summer Fruit Salad with Fresh Herbs

EASY recipe

3 peaches or nectarines, sliced	2 tbsp fresh mint, chopped, plus more for garnish
2 cups mixed berries (blueberries, strawberries and blackberries)	½ lime, zest and juice
2 tbsp fresh basil, cut into thin strips	1 cup plain Greek yogurt
	2 tsp honey

In a serving bowl, gently blend fruit with basil, mint, lime juice and zest. **In** a small bowl, blend Greek yogurt with honey.

Divide fruit salad evenly onto 4 plates. **Top** each with a dollop of honey yogurt, and garnish with mint. Serve.



Serves 4. Per serving:

108 calories | 4g protein | 1g total fat | 0.5g saturated fat | 0.5g mono fat | 0g poly fat | 24g carbohydrate | 16g sugar | 4g fiber | 60mg sodium