LIGHTLY DRESSED BERRIES

4 SERVINGS | SERVING SIZE: 1 CUP

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by rinsing berries and mint and gently rubbing lemon under cold, running water. Prewashed, packaged items do not require further washing.

INGREDIENTS

2 Tablespoons lemon juice
1 teaspoon honey
½ teaspoon vanilla extract
½ teaspoon cinnamon
1 cup sliced strawberries
1 cup blueberries
1 cup raspberries
1 cup blackberries
¼ cup chopped fresh mint

DIRECTIONS

1. In a small bowl, whisk together lemon juice, honey, vanilla, and cinnamon until well mixed.

2. In a large bowl, combine berries. Drizzle with honey dressing and mint. Gently toss until ingredients are evenly distributed.

TIPS

• Other warm spices can be used. Selection of spices depends on taste preference.

• Ginger adds a brightness (or zing), a slight heat (zip and spicy bite), and complements the mint.

• Try ground cloves with orange juice (instead of lemon juice). Use only a pinch of clove since it is a very strong spice.

• Lime juice can replace lemon juice.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
</tr>
<tr>
<td>Total Fat 0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 18g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 6g</td>
<td>21%</td>
</tr>
<tr>
<td>Total Sugars 10g</td>
<td>Includes 2g Added Sugars 4%</td>
</tr>
</tbody>
</table>

Protein 2g

Vitamin D 0mcg | 0% |
Calcium 42mg | 4% |
Iron 1mcg | 6% |
Potassium 229mg | 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.

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