

Fresh Berry Salad w/ Lemon Honey Dressing



🕒 Prep Time: 10 minutes | 🕒 Cook Time: 0 minutes | 🍴 Servings: 4

Ingredients:

- 1 cup strawberries, sliced
- 1 cup blueberries
- 1 cup raspberries
- 1 cup blackberries
- 2 tablespoons honey
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- baby arugula

Instructions:

In a large, deep-bottom bowl, combine all the berries. In a small shallow bowl whisk together honey, lemon juice, and lemon zest. Drizzle the lemon honey dressing over the berries and add arugula. Gently toss to coat. Serve immediately.

Calories: 110 | Protein: 1g | Fat: 0g | Carbs: 26g | Fiber: 6g