

Long Livo

Creamy Vanilla Pudding Fruit Salad

15 min Prep time	**5 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Pudding Base

- [ ] 1 packet (3.4 oz) instant vanilla pudding mix
- [ ] 2 cups cold milk
- [ ] 1-2 tbsp honey or maple syrup (optional)

Fruit Mix

- [ ] 1 cup strawberries, hulled and quartered
- [ ] 1 cup blueberries
- [ ] 1 cup diced apple
- [ ] 1 cup diced mango
- [ ] Zest of 1 lemon

Finishing Touches

- [ ] Fresh mint leaves for garnish
- [ ] Optional: toasted almond slivers

Instructions

1. In a bowl, whisk the vanilla pudding mix with cold milk until smooth; let it set for 2-3 minutes, then stir in honey if using.
2. While the pudding is thickening, wash and prepare all fruit; gently toss the diced pieces together in a separate bowl.
3. Once the pudding has reached a creamy consistency, fold the fruit mixture in, adding lemon zest for a bright lift.
4. Transfer the salad to a serving dish, garnish with mint leaves and almond slivers, then chill for 10 minutes before serving.
5. Serve cold, using a spoon to scoop the pudding-fruit combo; enjoy the contrast of cool cream and juicy fruit.

Nutrition per serving

180 kcal	4 g	38 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding seems too thick, whisk in a splash of extra milk.
- For a tropical twist, add pineapple or papaya.
- The lemon zest can be substituted with orange zest for a sweeter citrus note.