

Long Livo

Fruit Salad with Sour Cream and Marshmallows

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 cups mixed fresh fruit (strawberries, blueberries, grapes, kiwi)
- [ ] 1 cup sour cream
- [ ] 1/2 cup mini marshmallows
- [ ] 1 tablespoon honey (optional)
- [ ] 1 teaspoon lemon zest
- [ ] 2 tablespoons fresh mint leaves, chopped

Instructions

1. Wash the fruit, pat dry, and cut into bite-size pieces. Place them in a large mixing bowl.
2. In a smaller bowl, whisk together the sour cream, honey (if using), and lemon zest until smooth.
3. Gently fold the creamy mixture over the fruit, ensuring each piece gets a light coating.
4. Scatter the mini marshmallows over the top, then sprinkle the chopped mint. Serve immediately.

Nutrition per serving

180 kcal	3 g	26 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the fruit is very juicy, drain a little excess liquid before mixing.
- Adjust honey to taste; some fruits are naturally sweeter.
- For a festive touch, add a pinch of cinnamon or nutmeg.