

Minty Summer Berry Bowl

Ingredients:

- 2 cups fresh strawberries
- 2 cups pitted cherries, fresh or frozen.
- 1 cup blueberries, fresh or frozen
- ½ cup raspberries
- ½ cup blackberries
- zest of 1 small lime or lemon
- 1 tbsp. lime or lemon juice
- 1 tbsp. maple syrup, coconut nectar, or honey
- 1-2 tbsp. mint leaves, chopped

Instructions:

1. Place the berries in a large bowl.
2. In a smaller bowl, whisk together the zest, lime or lemon juice, and sweetener. Pour it over the fruit and toss gently to combine.
3. Sprinkle the chopped mint leaves over the salad and mix gently.
4. Serve immediately. Refrigerate any leftovers for one more day.

Tip: You can use 1 drop of therapeutic grade peppermint essential oil instead of the mint leaves. If the berries are in season they are much sweeter and the additional sweetener is often not required. Also, try experimenting with other berries.