

Mixed-Berry Salad

Berrylicious

Berries are fiber giants. Just 1 cup of blackberries or raspberries gives you a whopping 8 grams of fiber--one-third of your daily fiber needs.

Prep Time:10 min

Start to Finish:10 min

makes:5 servings

Salad

1 cup fresh blueberries

1 cup fresh raspberries

1/2 cup fresh strawberries, cut in half

Dressing

1/4 cup sour cream

1 1/2 teaspoons honey

1 1/2 teaspoons orange juice

1. In large bowl, toss raspberries, blueberries and strawberries.
2. In small bowl, mix all dressing ingredients until smooth. Serve fruit with dressing.

Nutritional Information

1 Serving: Calories 70 (Calories from Fat 25); Total Fat 2 1/2g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 10mg; Sodium 5mg; Total Carbohydrate 11g (Dietary Fiber 3g, Sugars 7g); Protein 0g **% Daily Value*:** Vitamin A 2%; Vitamin C 30%; Calcium 2%; Iron 0% **Exchanges:** 1 Fruit; 0 Other Carbohydrate; 0 Vegetable; 1/2 Fat **Carbohydrate Choices:** 1 **MyPyramid Servings:** 1/2 c Fruits

*% Daily Values are based on a 2,000 calorie diet.