

Helergon Kitchen

Fruit Salad with Sour Cream and Marshmallows

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 2 cups mixed fresh fruit (grapes, berries, kiwi, pineapple)
- [ ] 1 cup sour cream
- [ ] 1/4 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1 cup mini marshmallows

Instructions

1. Wash and cut the fruit into bite-size pieces; pat them dry on a clean kitchen towel.
2. In a bowl, whisk together sour cream, honey, vanilla, and lemon zest until smooth.
3. Gently fold the fruit into the creamy mixture, making sure each piece is lightly coated.
4. Add the mini marshmallows last, stirring just enough to distribute them without crushing.
5. Cover and refrigerate for 10 minutes before serving; enjoy chilled.

Nutrition per serving

210 kcal	3 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier taste, add a splash of lime juice.
- For extra sparkle, sprinkle a pinch of poppy seeds on top.
- Feel free to substitute seasonal fruit to match what’s fresh at the market.