

Fancy Mixed Berries



Prep time: 5 minutes

Ready in: 5 minutes

Serving Size: 4 servings

Ingredients:

- 4 cups mixed berries (like strawberries, raspberries and blueberries)
- 1 tbsp lemon extract
- 2 tbsp finely chopped fresh mint leaves
- 2 tbsp finely chopped fresh basil leaves

Directions:

1. Combine the mixed berries, lemon extract, fresh mint and basil leaves in a medium bowl.
2. Toss to combine (careful not to break berries up).
3. Serve in individual serving dishes.

****Tip: Mint leaves.** Mint leaves can relax the muscular lining of the digestive tract which helps to relieve cramps, gas and indigestion. They can also help with oral infections. **Basil leaves** provide protection against unwanted bacterial growth. They are a very good source of vitamin A, iron, calcium, potassium and vitamin C.

Nutrition Facts (per serving):

Calories: 70

Fat: 1g

Cholesterol: 0mg

Sodium: 0mg

Carbohydrate: 17g

Fiber: 5g

Sugar: 10g

Protein: 1g

Attributed to Giada De Laurentis at foodnetwork.com

Modified by Emily Madden; 2013 Dietetic Student

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