

FARRO FRUIT SALAD

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 100

Total Fat: 3 g

Saturated Fat: 0 g

Sodium: 55 mg

Total Carbohydrate: 17 g

Dietary Fiber: 3 g

Total Sugars: 3 g

Protein: 3 g



Ingredients

Salad Ingredients:

- ¾ cup dried Farro (or whole grain of choice)
- 16 ounces fresh strawberries, diced
- 1 cup fresh blueberries

Dressing Ingredients:

- 2 Tablespoons honey
- 2 Tablespoons lime juice

- ½ cup sliced almonds
- 2 Tablespoons mint leaves, finely chopped

- ¼ teaspoon Kosher Salt



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Directions

1. Prepare Farro according to package directions. Transfer to a large mixing bowl and allow to cool.
2. Add strawberries, blueberries, almonds, and mint to bowl with Farro. Mix gently.
3. In a small bowl, whisk together the honey, lime juice, and salt.
4. Pour dressing on top of salad. Mix gently until well combined.