



## DESSERT

Healthy Eating with the Y



## MIXED BERRIES WITH FRESH HERBS

### INGREDIENTS

1/2 teaspoon fresh mint, chopped  
1/2 teaspoon fresh basil, chopped  
1 teaspoon lemon zest  
Juice of half a lemon  
2 tablespoons honey  
1/2 teaspoon ground cinnamon  
1 cup blueberries  
1 cup raspberries  
1 cup strawberries, stems removed and cut in quarters (use frozen berries when fresh are not in season)  
3-4 fresh basil leaves  
3-4 fresh mint leaves

### TIPS OR TOOLS SECTION

Measuring spoons  
Measuring cups  
Mixing bowl  
Rubber spatula  
Chef's knife

Serves 10-12

Dessert/Snack/Breakfast/  
Vegetarian/Kid-friendly/  
Lactose-free/Gluten-free

### DIRECTIONS

#### 1. Combine

In a large mixing bowl, combine fresh herbs, lemon zest, lemon juice, honey and cinnamon using a rubber spatula.

#### 2. Add in berries

Add your berries to the herb mixture.

#### 3. Toss together

Using a rubber spatula, gently fold the berries in, being careful not to break or smash up the berries.

#### 4. Let flavors combine

Let mixture sit for 1-2 hours so all the flavors combine and meld together.

#### 5. Garnish and serve

Garnish with fresh basil and fresh mint leaves. Serve cold or at room temperature.

#### Chef's note:

While this is great all by itself for dessert, you could serve this over Greek non-fat yogurt, as a side dish with breakfast, over pancakes or waffles. Try using fresh squeezed orange juice and orange zest in place of the lemon.