

# Peach and Berry Salad

## Ingredients:

3 fresh peaches  
2.5 pints blackberries  
1 pint strawberries, hulled and sliced  
1/4 cup honey  
1/2 tsp ground cardamom

## Directions:

Bring medium pot of water to a boil. Add peaches and blanch for 30 seconds. Drain and transfer to medium bowl. Cover with cold water and cool. Drain, peel and slice peaches.

In a medium bowl combine sliced peaches, blackberries, strawberries, honey and cardamom. Toss together and refrigerate. Serve and enjoy.

## Nutritional Information:

Calories: 240  
Total fat: 1.1 grams  
Carbohydrates: 55 grams