

Plate Dream

Best Fruit Salad Recipe

Colorful fruit salad with honey-lime dressing, easy to make and wonderfully fresh.

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

Ingredients

Main Ingredients

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 large apple, cored and diced
- [ ] 1 cup seedless grapes, halved
- [ ] 1 kiwi, peeled and sliced
- [ ] 1 cup pineapple chunks

Dressing

- [ ] 3 tbsp honey
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] A pinch of sea salt
- [ ] 2 tbsp fresh mint leaves, torn

Instructions

1. Wash all fruit thoroughly, then pat dry. Dice the apple, slice the kiwi, and halve the grapes.
2. In a small bowl, whisk together honey, lime juice, zest, and sea salt until smooth.
3. Place the prepared fruit in a large mixing bowl. Drizzle the honey-lime dressing over the fruit and toss gently to coat.
4. Add torn mint leaves and give one final light toss. Let the salad sit for 5 minutes so flavors meld.
5. Serve the fruit salad chilled, optionally garnished with toasted nuts or a sprinkle of extra mint.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra tartness, add a thin slice of orange zest.
- Avoid over-mixing; keep berries intact.
- For a sweeter version, increase honey by one tablespoon.