

Plate Dream

Better Than Sex Fruit Salad

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

Ingredients

Main Ingredients

- [ ] 1 cup strawberries, hulled and quartered
- [ ] 1 cup mango, peeled and diced
- [ ] 1 cup pineapple chunks
- [ ] 1 cup kiwi, peeled and sliced
- [ ] 1 cup blueberries

Dressing

- [ ] 3 tbsp honey
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp finely chopped fresh mint
- [ ] Pinch of sea salt
- [ ] Optional: a pinch of red pepper flakes

Instructions

1. Wash all fruit gently, pat dry, and cut into bite-size pieces; place in a large mixing bowl.
2. In a small bowl, whisk together honey, lime juice, mint, salt, and optional chili flakes until smooth.
3. Pour the dressing over the fruit, toss lightly so every piece gets a glossy coating.
4. Cover the bowl and let it rest for 5-10 minutes, or chill in the fridge for extra refreshment.
5. Just before serving, sprinkle a few extra mint leaves and a tiny drizzle of honey if desired.

Nutrition per serving

210 kcal	3 g	48 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using citrus-sensitive fruit like bananas, add them last to avoid browning.
- Taste the dressing before adding; adjust honey or lime to suit your palate.
- For extra visual appeal, arrange fruit in a clear glass bowl.