Plate Dream

Fresh Fruit Salad with Honey Lime Poppy Seed Dressing

Light, colorful fruit salad with a honey-lime glaze and crunchy poppy seeds.

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

Ingredients

Main Ingredients

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced mango
- [ ] 1 cup seedless grapes, halved
- [ ] 1 kiwi, peeled and sliced
- [ ] 1 banana, sliced

Dressing

- [ ] 3 tbsp honey
- [ ] 2 tbsp fresh lime juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp poppy seeds
- [ ] Pinch of sea salt

Instructions

1. Wash all fruits gently, pat dry, and cut into bite-size pieces; keep berries whole for a burst of color.
2. In a small bowl, whisk together honey, lime juice, olive oil, poppy seeds, and sea salt until smooth.
3. Place the prepared fruit in a large mixing bowl and drizzle the dressing over it; toss lightly to coat evenly.
4. Transfer the salad to a serving bowl, sprinkle a few extra poppy seeds on top, and serve immediately or chill for a short while.
5. Enjoy the bright flavors, and consider pairing with a crisp white wine or sparkling water for a refreshing finish.

Nutrition per serving

210 kcal	3 g	44 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier taste, add an extra half tablespoon of lime.
- For extra aroma, a few torn mint leaves can be scattered just before serving.
- Avoid over-mixing to keep delicate berries from breaking apart.