

Plate Dream

Fruit Salad with Honey Lime Dressing – Fresh & Easy

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Fruit Mix

- [ ] 1 cup fresh strawberries, hulled and sliced
- [ ] 1 cup blueberries
- [ ] 1 cup diced mango
- [ ] 1 cup pineapple chunks
- [ ] 1 kiwi, peeled and sliced
- [ ] 1 small orange, segmented

Honey Lime Dressing

- [ ] 3 tbsp honey (or maple syrup)
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] Pinch of sea salt
- [ ] 2 tsp chopped fresh mint (optional)

Instructions

1. Wash all fruit gently, pat dry, and cut into bite-size pieces; keep the orange segments separate to preserve their juices.
2. In a small bowl, whisk together honey, lime juice, zest, and sea salt until smooth; stir in mint if using.
3. Place the prepared fruit in a large serving bowl, drizzle the honey-lime dressing over the top, and toss lightly to coat every piece without bruising.
4. Serve immediately, perhaps with a sprinkle of toasted nuts or an extra drizzle of honey for shine.
5. If you have guests, you can point them to my best fruit collection for more inspiration.
6. For a playful spin, check out the better than sex version that adds a splash of passion fruit.

Nutrition per serving

180 kcal	3 g	45 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the dressing before adding; a little extra lime can brighten the mix.
- If making ahead, keep dressing separate and combine just before serving.
- Use a glass bowl to showcase the vibrant colors.