

Plate Dream

Rainbow Fruit Board – Fresh, Colorful Snack

15 min	15 min	4
Prep time	Total time	Servings
Easy	**International**	
Difficulty	Cuisine	

Ingredients

Fruits

- [ ] 1 cup strawberries, hulled and halved
- [ ] 1 cup pineapple, cut into bite-size chunks
- [ ] 1 cup kiwi, peeled and sliced
- [ ] 1 cup blueberries
- [ ] 1 cup grapes (red or green), halved
- [ ] 1 cup mango, diced

Dressing & Garnish

- [ ] 2 tbsp fresh lime juice
- [ ] 1 tbsp honey (or agave for vegan)
- [ ] A handful fresh mint leaves, torn
- [ ] Optional: toasted almond slivers for crunch

Instructions

1. Wash all fruit gently under cool running water; pat dry with a clean kitchen towel.
2. Slice strawberries, pineapple, kiwi, mango, and halve grapes and blueberries; keep pieces uniform for an even look.
3. In a small bowl, whisk together lime juice and honey, then drizzle over the sliced fruit, tossing lightly to coat.
4. Arrange the fruit on a large platter, starting with a base of strawberries, then layering pineapple, kiwi, blueberries, grapes, and mango to form a rainbow gradient.
5. Scatter torn mint leaves over the top and, if desired, sprinkle toasted almond slivers for added texture.

Nutrition per serving

180 kcal	3 g	45 g	1 g
Calories	Protein	Carbs	Fat

Tips & notes

- If preparing ahead, keep the honey-lime dressing separate and drizzle just before serving.
- Choosing fruit that is in season ensures peak flavor and lower cost.
- A gentle mist of water can keep cut fruit from drying out if you need a short hold.