

Plate Dream

Rainbow Fruit Platter: Vibrant Eid Table Delight

20 min Prep time	**20 min** Total time	**8** Servings
Easy Difficulty	**Middle Eastern** Cuisine	**Dessert** Course

Ingredients

Fruit Selection

- [ ] 1 cup strawberries, hulled and halved
- [ ] 1 cup orange segments
- [ ] 1 cup pineapple chunks
- [ ] 1 cup kiwi rounds
- [ ] 1 cup blueberries
- [ ] 1 cup purple grapes

Optional Dressing

- [ ] 2 tbsp fresh lime juice
- [ ] 1 tbsp honey or agave
- [ ] A handful fresh mint leaves, torn

Instructions

1. Wash all fruit gently under cool running water, then pat dry with a clean kitchen towel.
2. Slice the strawberries, orange segments, pineapple, kiwi, and grapes as described, keeping each color separate.
3. Arrange the fruit on a large platter in the order of the rainbow: red strawberries, orange segments, yellow pineapple, green kiwi, blue blueberries, purple grapes.
4. If using, whisk together lime juice, honey, and mint; drizzle lightly over the fruit just before serving.
5. Place a small bowl of your favorite dip, such as fruit dip, beside the platter and enjoy.

Nutrition per serving

120 kcal	2 g	30 g	0.5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter platter, lightly toss the fruit with a honey-lime glaze.
- Use a chilled marble slab for an elegant presentation.
- Feel free to swap seasonal fruits while keeping the color order.