

Plate Dream

Secret Ingredient Fruit Salad Recipe

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

Ingredients

Main Ingredients

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced mango
- [ ] 1 cup diced pineapple
- [ ] 1 kiwi, peeled and sliced
- [ ] 1 orange, segmented
- [ ] 1/4 cup fresh mint leaves, torn

Dressing

- [ ] 2 tbsp honey
- [ ] 1 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] 3 drops culinary-grade rose water
- [ ] Pinch of sea salt

Optional Toppings

- [ ] 2 tbsp toasted sliced almonds
- [ ] Extra mint sprig for garnish

Instructions

1. Wash all fruit gently, pat dry, then cut into bite-size pieces. Keep berries whole for a burst of color.
2. In a small bowl, whisk together honey, lime juice, lime zest, rose water, and a pinch of sea salt until smooth.
3. Place the prepared fruit in a large serving bowl, drizzle the dressing over it, and toss lightly to coat.
4. Scatter torn mint leaves and toasted almonds on top, then serve immediately or chill briefly.

Nutrition per serving

210 kcal	3 g	40 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less sweetness, reduce the honey by half.
- Rose water is potent; start with just 2-3 drops and adjust to taste.
- For a richer texture, add a dollop of Greek yogurt on the side.