

Plate Dream

Winter Fruit Salad with Lime Dressing

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

Ingredients

Main Ingredients

- [ ] 2 blood oranges, peeled and segmented
- [ ] 1 pink grapefruit, segmented
- [ ] 1 cup pomegranate seeds
- [ ] 2 kiwis, peeled and sliced
- [ ] 1 persimmon, sliced
- [ ] 1/2 cup fresh mint leaves, torn

Lime Dressing

- [ ] 3 tbsp fresh lime juice
- [ ] 1 tbsp lime zest
- [ ] 2 tbsp honey
- [ ] 1 tsp finely chopped mint
- [ ] Pinch of sea salt

Instructions

1. Wash all fruit under cool water, pat dry, and separate into bite-size pieces. Keep the segments whole for a pleasing look.
2. In a small bowl, whisk together lime juice, zest, honey, mint, and a pinch of salt until smooth; let it rest for a minute.
3. Place the prepared fruit in a large serving bowl. Drizzle the lime dressing over the top, tossing gently to coat each piece evenly.
4. Garnish with extra pomegranate seeds and a few whole mint leaves. Serve immediately or chill for up to an hour.

Nutrition per serving

180 kcal	3 g	44 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the lime is very tart, add an extra half-tablespoon of honey.
- For extra sparkle, sprinkle a tiny pinch of edible gold dust just before serving.
- The salad can double as a topping for pancakes or yogurt.