

Foodnity Recipes

Fresh Fruit Salad with Honey Lime Poppy Seed Dressing

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

Ingredients

Fruit Mix

- [ ] 2 cups strawberries, hulled and halved
- [ ] 1 cup blueberries
- [ ] 1 cup cantaloupe, cubed
- [ ] 1 cup pineapple, diced
- [ ] 1 ripe kiwi, sliced

Dressing

- [ ] 3 tbsp honey
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] 1 tsp poppy seeds
- [ ] Pinch of sea salt
- [ ] Optional: 2 tbsp chopped fresh mint

Instructions

1. Gather all fruit, wash gently, pat dry, then slice or cube into bite-size pieces.
2. In a small bowl, whisk together honey, lime juice, zest, poppy seeds, and sea salt until smooth.
3. If using mint, stir it into the dressing for a fresh note.
4. Place the prepared fruit in a large serving bowl, drizzle the dressing over, and toss lightly to coat.
5. Serve immediately, perhaps alongside a glass of strawberry smoothie for a full-color breakfast.

Nutrition per serving

210 kcal	3 g	48 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the dressing before adding; adjust sweetness or acidity to your preference.
- Do not over-mix; you want a light coating, not a soggy bowl.
- For added crunch, sprinkle toasted coconut flakes just before serving.