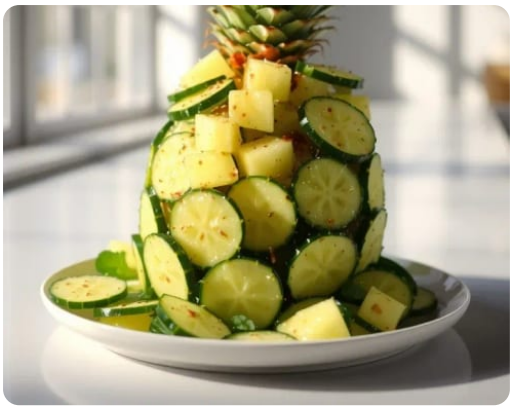


Foodnity Recipes

Pineapple Cucumber Salad

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

Ingredients

Main Salad

- [ ] 2 cups cucumber, thinly sliced
- [ ] 1 cup fresh pineapple, cubed
- [ ] 1/4 cup fresh mint leaves, chopped
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey (or agave for vegan)
- [ ] 1/2 tsp sea salt
- [ ] 1 tsp poppy seeds (optional)

Instructions

1. Wash the cucumber, pat dry, and slice into thin half-moons.
2. Cube the pineapple into bite-size pieces; set aside.
3. In a small bowl whisk together lime juice, honey, and sea salt until combined.
4. Place cucumber, pineapple, and mint in a large bowl; drizzle the dressing over them.
5. Toss gently, sprinkle poppy seeds if using, and let sit for 5 minutes before serving.

Nutrition per serving

120 kcal	2 g	28 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat cucumber slices dry to avoid a soggy salad.
- Adjust honey to taste if you prefer more or less sweetness.
- For extra zing, add a pinch of grated ginger to the dressing.