

Zucchini Bread Recipes

Fresh Fruit Salad With Honey Lime Poppy Seed Dressing

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

Ingredients

Main Ingredients

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 large apple, diced
- [ ] 1 ripe kiwi, sliced
- [ ] 1 orange, segmented
- [ ] 1 banana, sliced

Dressing

- [ ] 3 tbsp raw honey
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp poppy seeds
- [ ] Pinch of sea salt

Instructions

1. Wash all fruit gently; pat dry and cut into bite-sized pieces, keeping berries whole for visual appeal.



2. In a small bowl, whisk together honey, lime juice, zest, olive oil, poppy seeds, and sea salt until emulsified.



3. Place the fruit in a large mixing bowl; drizzle the dressing over and toss lightly to coat evenly.



4. Taste and adjust salt or honey if needed, then let the salad rest for 5 minutes to allow flavors to meld.



5 Serve immediately in chilled bowls, or optionally chill for up to 15 minutes for a cooler treat.



Nutrition per serving

210 kcal	3 g	42 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using very juicy fruit, add dressing gradually to avoid a soggy bowl.
- The salad can be prepared ahead but add the dressing right before serving.
- A sprinkle of fresh mint adds a fragrant finish.