

Long Livo

The Very Best Fruit Salad

Fresh fruit salad with a sweet-tangy honey lime dressing, ideal for a quick snack.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 1 cup strawberries, hulled and sliced
- [ ] 1 cup blueberries
- [ ] 1 cup pineapple chunks
- [ ] 1 cup seedless grapes, halved
- [ ] 1 apple, cored and diced
- [ ] 1 kiwi, peeled and sliced

Dressing

- [ ] 2 tbsp honey
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp lime zest
- [ ] Pinch of sea salt
- [ ] 5 fresh mint leaves, torn

Instructions

1. Wash all fruit under cool water, pat dry, and cut into bite-size pieces; keep berries whole for visual appeal.
2. In a small bowl, whisk honey, lime juice, zest, and sea salt until smooth; this is your bright, sweet-tangy dressing.
3. Place all prepared fruit in a large mixing bowl, drizzle the dressing over it, and toss gently to coat each piece evenly.
4. Scatter torn mint leaves on top, give a final gentle toss, and serve immediately or chill for up to an hour.

Nutrition per serving

120 kcal	2 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using bananas, add them just before serving to prevent browning.
- A handful of toasted nuts adds extra crunch and depth.
- For a richer flavor, drizzle a little extra honey right before plating.