

Tangy Poppy Seed Fruit Salad

Jacob · 30/09/2024



Prep Time

4

Difficult

Medium

Servings

4 servings

Description

A very light and delicious fruit dessert with a little twist

Ingredients

- - 1 (20 ounce) can pineapple chunks - drained with juice reserved - 1 orange
- peeled and segmented - 1 kiwi -- peeled
- halved and sliced - 1 cup seedless grapes - 1 cup quartered strawberries - $\frac{1}{4}$ teaspoon grated lime zest - 2 tablespoons lime juice - 1 tablespoon honey - 1 teaspoon poppy seeds

Instructions

1. In a large bowl
2. toss pineapple
3. orange
4. kiwi
5. grapes and strawberries. In a small cup or bowl
6. combine lime zest
7. lime juice
8. honey
9. poppy seeds and $\frac{1}{4}$ cup reserved pineapple juice. Stir well and toss with fruit.