

Helergon Kitchen

Fruit Salad With Honey Lime Dressing

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

Ingredients

Main Ingredients

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced mango
- [ ] 1 cup seedless grapes, halved
- [ ] 1 kiwi, sliced
- [ ] 1/2 cup fresh pineapple chunks

Honey Lime Dressing

- [ ] 3 tbsp honey
- [ ] 2 tbsp freshly squeezed lime juice
- [ ] 1 tsp lime zest
- [ ] A pinch of sea salt
- [ ] 2 tbsp water

Instructions

1. Wash all fruit gently, pat dry, then cut into bite-size pieces; zest the lime before juicing.
2. In a small bowl, whisk honey, lime juice, zest, salt, and water together; let it rest for a minute.
3. Place the prepared fruit in a large mixing bowl, drizzle the dressing over, and toss lightly to coat.
4. Scatter a few fresh mint leaves, give a final gentle toss, and serve immediately or chill for 15 minutes.

Nutrition per serving

180 kcal	2 g	44 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less sweetness, reduce honey by half.
- Add a splash of smoothie bowl yogurt for creaminess.
- For a tropical twist, include shredded coconut.