



Honey Lime Rainbow Fruit Salad

Servings: 7

Ingredients

- 1 lb fresh strawberries, diced
- 1 lb fresh pineapple, diced
- 12 oz fresh blueberries
- 12 oz red grapes, diced into halves
- 4 kiwis, peeled and diced
- 1 (15 oz) can mandarin oranges in juice, drained well and sliced into halves
- 2 ripe bananas, diced*

Honey Lime Dressing:

- 1/4 cup honey
- 2 tsp lime zest (zest of 2 medium limes)
- 1 TBSP fresh lime juice

Directions:

1. Add all fruit to a large mixing bowl.
2. In a small mixing bowl, whisk together the honey, lime zest and lime juice.
3. Pour over fruit just before serving and toss to evenly coat (as it sits for a few minutes the juices will gather at the bottom, so toss again before plating).

*Add the bananas just before serving so they don't brown.

Nutrition Information based on 1 serving:

Calories: 177 Total Fat: .5 g Total Carbohydrate: 45 g Dietary Fiber: 5 g
Protein: 2 g Sodium: 6 mg Calcium: 38 mg Iron: 0.9 mg

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