Mixed Fruit Salad with Citrus Dressing

Description

Super healthy and delicious fruit salad.

Ingredients

- 3 cups fresh pineapple chunks 2 cups fresh orange sections
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- 2 cups Strawberry halves
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- 1 cup Blueberries 3 kiwi peeled and thickly sliced •
- 1/3 cup Fresh Orange Juice
- 1/3 cup fresh lime juice 1 tbsps fresh cilantro chopped ٠
- 3 tbsps honey

Instructions

- 1. Combine pineapple, oranges, strawberries, blueberries and kiwi in a bowl.
- 2. In a small sauce pan, combine orange juice, lime juice and cilantro.
- 3. Bring to a boil, reduce heat and simmer for 5 minutes.
- 4. Pour through a wire mesh strainer into a bowl and discard cilantro.
- 5. Stir in the honey.
- 6. Pour over the fruit mixture and gently toss to coat.
- 7. Cover and chill for 1 hour.
- 8. Serve garnished with fresh cilantro.



Summary Yield: 6 Prep Time: 15 minutes Category: Fruits Cuisine: American Tags: Fruits