

Treasure Barrel

Fruit Salad with Honey Lime Dressing

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Fruit Base

- [ ] 2 cups mixed berries (strawberries, blueberries, raspberries)
- [ ] 1 cup diced apple or pear
- [ ] 1 cup orange segments
- [ ] 1 kiwi, sliced
- [ ] 1/2 cup sliced mango

Honey Lime Dressing

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

Instructions

1. Wash all fruit gently, pat dry, and arrange on a large bowl.
2. In a small bowl, whisk honey, lime juice, zest, and sea salt until smooth.
3. Drizzle the dressing over the fruit, toss lightly to coat every piece.
4. Scatter torn mint leaves on top and, if desired, add an extra honey drizzle.
5. Serve immediately or chill for 10 minutes; enjoy the bright flavors.

Nutrition per serving

180 kcal	2 g	45 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using berries that are very soft, add them last to avoid turning them mushy.
- Adjust the honey amount based on the natural sweetness of your fruit.
- A splash of orange juice in the dressing can add extra citrus depth.