Mixed Fruit Salad with Citrus Dressing

Description

Super healthy and delicious fruit salad.

Summary

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

Ingredients

- 3 cups fresh pineapple chunks
- 2 cups fresh orange sections
- 2 cups Strawberry halves
- 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
- 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.

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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.