

Poppy Seed Fruit Salad



COOK TIME: 15 Mins



SERVING SIZE: 5 Servings

INGREDIENTS

- 1 (20 ounce) can pineapple chunks drained with juice reserved
- 1 orange, peeled and segmented
- 1 kiwi – peeled, halved, and sliced
- 1 cup seedless grapes
- 1 cup quartered strawberries
- 1/4 teaspoon grated lime zest
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1 teaspoon poppy seeds

INSTRUCTIONS

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In a large bowl, toss pineapple, orange, kiwi, grapes and strawberries. In a small cup or bowl, combine lime zest, lime juice, honey, poppy seeds and 1/4 cup reserved pineapple juice. Stir well and toss with fruit.



COURTESY OF: Chef Henry

