

Winter Fruit Salad

Yield: ~12

Prep Time: 15 minutes

Total Time: 15 minutes

Ingredients:

- 1 pineapple, cubed
- 4 kiwis, sliced & quartered
- 1 can of mandarin oranges, drained
(reserve some of the juice for the dressing)
- 2 pears, sliced & quartered
- 3/4 cup pomegranate arils

Optional Dressing:

- 2 tablespoons lemon juice
- 1 tablespoon lime juice
- 1 tablespoon mandarin orange juice
- 1/4 cup honey
- 1 tablespoon poppy seeds

- Mint leaves to garnish, if desired

Directions:

- 1.) In a large bowl, place all of the cut fruit.
- 2.) Whisk together the lemon, lime and mandarin orange juice, honey and poppy seeds in a small bowl.
- 3.) Pour the dressing over the fruit and toss to evenly disperse.
- 4.) Garnish with mint leaves, as desired.

