



## Winter Fruit Salad

The best winter fruit salad I have had! Great for holiday meals and does not contain loads of refined sugars, a very healthy and tasty choice. The fruits in this salad are in season through the winter months as well!

Prep Time: 10 min.

Cook Time: 0 min.

**Ready In: 10 min.**

**Serving Size:** 6 servings

### Ingredients

- ✓ 3 cups of cubed pineapple
- ✓ 1 cup of peeled, quartered and sliced kiwis
- ✓ 2 cups of mandarin orange or clementine segments
- ✓ ½ cup pomegranate arils
- ✓ 3 tablespoons of lemon or lime juice
- ✓ 3 tablespoons of honey (or agave)
- ✓ 1 tablespoon poppy seeds

### Directions

1. Add pineapple, mandarin oranges and pomegranate arils to a large bowl.
2. In a small bowl whisk together the lemon juice, honey and poppy seeds.
3. Pour the poppy seed dressing over the fruit and toss gently to coat.

### Nutrition

*Amount per serving*

- ❖ Calories: 183
- ❖ Total Fat: 2 g
- ❖ Total Carbs: 42 g
- ❖ Protein: 3 g
- ❖ Dietary Fiber: 6 g