

RAINBOW FRUIT SALAD



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

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Taste the colours of the rainbow in this vibrant fruit salad, with a refreshing dressing!

Ingredients

For the fruit salad:

- 1 cup (250 mL) sliced strawberries or raspberries
- 1 orange, sliced and chopped
- 1 cup (250 mL) mango pieces, fresh or frozen
- 1 cup (250 mL) chopped pineapple chunks
- 1 banana, sliced and diced
- 1 cup (250 mL) sliced green grapes, 1 apple or 2 kiwis, chopped
- 1 cup (250 mL) blueberries
- 1 cup (250 mL) blackberries or red grapes
- ½ cup (125 mL) frozen diced dragon fruit

For the dressing:

- Juice and zest of 2 limes
- 1 tbsp (30 mL) honey

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- A few chopped mint leaves (optional)

Preparation

1. Set out a big bowl. Wash fruit thoroughly and pat with a clean tea towel to dry.
2. Add the chopped fruit to the bowl and mix together.
3. In a small bowl, whisk the lime juice, lime zest, and honey together.
4. Pour the dressing over the fruit salad and stir well.
5. Serve in small bowls and garnish with mint leaves if desired.
6. Will keep in an airtight container in the fridge for several days. The natural juices will blend with the lime dressing and develop a deeper flavour.