RECIPE

Fruit salad with lime, honey and walnuts

A no-cook breakfast fruit salad of pineapple, strawberries, kiwi, grapes, blueberries and orange under a lime and honey dressing, finished with walnuts and with about 1 tbsp of honey in the whole bowl.

MAKES

6 servings US Metric

TOTAL

25 min

Ingredients

- [ ] 3 cups pineapple chunks, peeled and cored
- [ ] 3 cups sliced strawberries, hulled
- [ ] 1 ½ cups blueberries
- [ ] 4 kiwis, peeled and sliced
- [ ] 1 ½ cups seedless red grapes, halved
- [ ] 2 navel oranges, peeled and cut into segments
- [ ] juice of 1½ limes
- [ ] 1 tbsp honey
- [ ] ½ tsp ground cinnamon
- [ ] ¼ cup unsalted walnuts, chopped

Method

1. Rinse the fruit under cool running water and dry it. Hull and slice the strawberries. Peel and cube the pineapple. Peel the kiwis and cut them into half-moons. Halve the grapes. Cut the peel and white pith off the oranges and slice between the membranes to free the segments, squeezing the leftover membranes over the bowl.
2. Put the pineapple, strawberries, blueberries, kiwi, grapes and orange segments in a large bowl.
3. In a small bowl or a cup, stir the lime juice, honey and cinnamon together until the honey has dissolved and no streak of it is left.
4. Pour the dressing over the fruit and turn it gently with a large spoon, just until everything is glossy. Stirring hard bruises the berries and kiwi.

5 Divide among six bowls, about 2 cups each, and scatter the chopped walnuts on top. Eat right away, or cover the fruit without the nuts and refrigerate.

6 Refrigerate cut fruit within 2 hours, or within 1 hour if the room is above 90 °F (CDC). Covered in the fridge it keeps up to 4 days (USDA FSIS FoodKeeper, “Fruit, cut”), though it is at its best in the first 2; add the nuts only when serving so they stay crisp.