AMERICAN · DESSERT · SNACK

Fresh Fruit Salad with Honey-Lime Mint Dressing

20 min · Makes 8 × 1 heaped cup (about 220 g) · 133 kcal a portion · Video 3:58 · Natashas Kitchen

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Six kinds of fresh fruit with only about 6.5 g of added sugar (from the honey) a serve: nearly a whole day's vitamin C, plus about 4 g of fibre.

Diet notes: Low saturated fat (0 g, 0% of the energy).

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Ingredients

10 · MAKES 8 × 1 HEAPED CUP (ABOUT 220 G)

- [ ] 2 cups **strawberries**, hulled and quartered
- [ ] 2 cups **fresh pineapple**, in bite-sized pieces
- [ ] 1½ cups **blueberries**
- [ ] 1½ cups **red grapes**, halved if large
- [ ] 1½ cups **kiwi fruit**, peeled and sliced
- [ ] 1½ cups **mandarins or clementines**, peeled and segmented
- [ ] 3 tbsp **honey** (2–3 tbsp, to taste)
- [ ] 2 tbsp **fresh lime juice**
- [ ] 1 tsp finely grated **lime zest**
- [ ] 2 tbsp finely chopped **fresh mint** (optional)

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. For the dressing, zest the lime, squeeze 2 tbsp of juice and stir both into the honey with the chopped mint. 0:10
2. Wash and dry the fruit. Peel and chop the pineapple and kiwi, hull and quarter the strawberries, separate the mandarin segments and halve any large grapes, so everything is a similar bite size. 0:27
3. Put all the fruit in a large bowl (you can keep it in separate piles until serving). 1:40
4. Just before serving, pour the dressing over and toss gently until everything is coated. Finish with a little extra zest or mint if you like. 1:47

> **Tip** Use less honey when the fruit is very sweet. Dress it just before serving (or up to 30 minutes ahead) so the fruit doesn't go watery; leftovers keep 3 days in the fridge and are good over yoghurt.

The method is a summary in our words — the video shows every step.

One portion, 1 heaped cup (about 220 g), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
133 kcal	1.6 g	34 g	4 g	0.6 g	0 mg
560 kJ	3% of a day	30 g net · 27 g sugars	14% of a day	0 g saturated	0% of a day
		12% of a day		1% of a day	

Energy from net carbs 91% · protein 5% · fat 4%

High in (20%+ of a day) Vitamin C 98% · Vitamin K 20%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=VMlonlz6AhQ, published 15 June 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fruit-salad-honey-lime-mint