

**Tropical Fruit Salad with Honey Lime and Poppy Seed Dressing**

Yield: 4 servings

Preparation time: 30 minutes

**Ingredients**

2 kiwis, peeled, halved and sliced  
2 oranges, peeled and segmented  
2 mangos, peeled and diced  
1 pineapple, peeled, cored and diced  
1 pint blueberries  
2 tablespoons honey  
1 tablespoon lime juice, fresh  
1 teaspoon poppy seeds  
2 tablespoons toasted unsweetened coconut



**Instructions**

1. In a small mixing bowl whisk together the honey, lime juice, and poppy seeds.
2. In a separate large mixing bowl add the cut fruit. Drizzle honey lime dressing and mix until the fruit is coated.
3. To serve, put fruit into smaller glass serving bowls and top with toasted coconut.

