

Honey Poppy Seed Fruit Salad

This Honey Poppy Seed Fruit Salad takes only 10 minutes to make and is the perfect side dish or dessert for the summertime. This simple recipe combines fresh fruits, honey, lemon juice, and poppy seeds. The lemon juice helps keep the fruit fresh; If you're making this fruit salad ahead of time, wait to add the bananas until right before you serve it so that they don't brown! Serve it as is or alongside your favorite brunch or dinner recipe!

Yield: 8 servings **Serving Size:** 3/4 cup

Ingredients:

- 2 medium firm bananas, peeled and sliced
- 2 cups fresh blueberries, rinsed
- 2 cups fresh raspberries, rinsed
- 2 cups fresh strawberries, rinsed and sliced
- 5 tablespoons honey
- 1 teaspoon lemon juice
- 3/4 teaspoon poppy seeds

Instructions:

1. In a large bowl, combine the bananas and berries.
2. Add the honey, lemon juice and poppy seeds to the fruit.
3. Toss gently to coat. Serve immediately.

Per Serving: Calories 117 kcal, Carbohydrates 30g, Protein 1G, Sat Fat 0g, Sodium 2 mg, Sugar 23g

This recipe was adapted and modified from TASTE OF HOME <https://www.tasteofhome.com/recipes/honey-poppy-seed-fruit-salad/>

