

Fresh Fruit Salad with Honey Poppy Seed Dressing by Lynn's Recipes



Lynn demonstrates how to make a delicious Fresh Fruit Salad with Honey Poppy Seed Dressing. This can be a side dish or dessert and is great to take to a party or picnic. Serves approximately 6.

Ingredients:

- 6 cups fresh fruit, cut into bite size pieces
- 1/3 cup plain yogurt or sour cream
- 3 Tablespoons honey
- Zest and juice of one lemon
- 1 teaspoon poppy seeds.

Place cut fruit into a large bowl. In a small bowl, whisk together yogurt or sour cream, honey, lemon juice and zest, and poppy seeds.

Pour dressing over fruit and mix gently. Serve immediately.

*Note, if you take this to a gathering, keep the fruit and dressing separate and mix when you get ready to serve.

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