



# Winter Fruit Salad

## **Dressing**

- 1 1/2 T. lemon juice
- 2 tsp. sugar
- 4 T. olive oil
- 1 1/2 T. honey
- 1 tsp. poppy seeds

## **Salad**

- 8 mandarin oranges peeled and segmented (1 cup)
- 2 apples (gala and golden delicious), washed, cored and chopped
- 2 ripe kiwis peeled and diced
- 2 bananas peeled and diced
- 3/4 cup pomegranate arils (seeds) optional

## **Directions**

1. Wash hands. Whisk together lemon juice and sugar until sugar is dissolved. Stir in honey. While whisking, mix in olive oil. Stir in poppy seeds.
2. In a salad bowl, combine all fruit and pour dressing over mixture and mix until coated. Serve immediately. **Makes 6 Servings.**

**STORAGE:** Store in the refrigerator in a sealed container for 3-5 days.

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