

Eat Smart!

Poppy Seed Fruit Salad



Poppy seeds and a hint of ginger accent this refreshing fruit salad. Include fresh fruit such as melons, kiwi, grapes and berries.

Makes 8 (3/4 cup) servings

Ingredients

- 3 Tablespoons Honey
- 2 Tablespoons Lemon Juice
- 3/4 Teaspoon Poppy Seed
- 1/4 Teaspoon Ground Ginger
- 6 Cups Assorted Cut-Up Fresh Fruit

Preparation:

1. Mix honey, lemon juice, poppy seed and ginger in small bowl until well blended.
2. Place fruit in large serving bowl. Add dressing; toss gently to coat. Cover.
3. Refrigerate at least 1 hour or until ready to serve.

Nutrition Facts	
servings per container	
Serving size	(12g)
Amount per serving	
Calories	25
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 10mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts are for the dressing. Actual Nutrition Facts will vary with fruit chosen.

Adapted from://www.mccormick.com/gourmet/recipes/dessert/poppy-seed-fruit-salad

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