



Long Livo

Honey Lime Fruit Salad - Easy Paleo Recipe

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Fruit Base

- ☐ 2 cups mixed berries (strawberries, blueberries, raspberries)
- ☐ 1 cup diced mango
- ☐ 1 cup diced pineapple
- ☐ 1 kiwi, sliced

Honey Lime Dressing

- ☐ 3 tbsp pure honey

- ☐ 2 tbsp fresh lime juice
- ☐ 1 tsp lime zest
- ☐ Pinch of sea salt
- ☐ 2 tsp chopped fresh mint (optional)

Optional Toppings

- ☐ 1 tbsp unsweetened coconut flakes
- ☐ 2 tbsp slivered almonds

Instructions

- 1 Wash all fruit gently, pat dry, and cut into bite-size pieces; place in a large mixing bowl.
- 2 In a small bowl, whisk together honey, lime juice, lime zest, and a pinch of sea salt until smooth.
- 3 Pour the honey-lime dressing over the fruit, tossing lightly so every piece gets a glossy coat.
- 4 Scatter fresh mint leaves and optional coconut flakes or almonds on top; serve immediately or chill for up to 30 minutes.
- 5 Enjoy the bright, refreshing flavors as a light dessert or a vibrant snack.

Nutrition per serving

180 kcal

Calories

2 g

Protein

45 g

Carbs

2 g

Fat

Tips & notes

- If the fruit looks a bit watery, gently pat it dry before adding the dressing.
- Adjust the sweetness by adding a bit more honey if the lime is very tart.
- For a creamier version, drizzle a spoonful of coconut cream just before serving.