



INGREDIENTS FOR WINTER FRUIT SALAD
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Dressing

- 1/2 cup orange juice
- 2 tablespoons honey
- 2 teaspoons poppy seeds

Salad

- 2 crisp apples diced
- 2 small firm pears diced
- 1 large orange peeled and filleted, fillets cut bite-sized
- 2 mandarin oranges peeled and segmented, cut segments in half if you prefer
- 2 firm but ripe kiwis peeled and sliced
- 1 firm persimmon diced
- 1/2 pomegranate arils only

Instructions

1. Make the dressing: Add all dressing ingredients to a small jam jar, screw on the lid and shake well. Set aside until ready to use.
2. Make the salad: Place all ingredients in a large bowl (or arrange on a platter if you have enough time on your hands!). Mix with the dressing and serve immediately.
3. If you need to make this ahead of time, toss the apples and pear with lemon juice right after cutting. Keep the fruit in separate containers until ready to mix. Add the dressing just before serving.

