

## Fruit Salad with Poppy Seed Dressing

- 2 cups chopped papaya
- 2 cups chopped cantaloupe
- 1 cup blueberries
- 1 cup sliced strawberries
- 2 kiwi fruits, peeled and chopped
- 1 medium banana, sliced
- 1 cup chopped honeydew
- 2 tablespoons fresh citrus juice (lemon, lime or grapefruit)
- 1 tablespoon honey
- 1 teaspoon poppy seeds
- pinch of ground cinnamon, (optional)
- pinch ground ginger, (optional)



Put the papaya, cantaloupe, blueberries, strawberries, kiwi, and bananas into a large bowl and set aside.

Put the honeydew, juice, honey, poppy seeds, cinnamon and ginger into a blender and puree until smooth to make a dressing. Transfer dressing to the bowl with fruit and toss gently to coat. Cover and chill for a couple of hours before serving.

Recipe by: