



Seasonal Fruit Salad with Honey-Mint Yogurt Dip

Equipment Needed

- Cutting board
- Knife
- Mixing bowl
- Spatula or wooden spoon

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Honey-Mint Yogurt Dip

- 1½ cups plain yogurt
- 3 tablespoons honey
- 2 tablespoons fresh lime juice
- 3 tablespoons finely chopped fresh mint

Add all ingredients to a mixing bowl and stir to combine well. Set aside while you slice the fruit for the salad.

Seasonal Fruit Salad

1 cup seasonal fruits, chopped into bite-sized pieces

SPRING: strawberries, apples, pears, apricots

SUMMER: berries, melons, cherries, stone fruits (peaches, nectarines, plums)

FALL: apples, pears, grapes, persimmon, grapes, cranberries

WINTER: citrus, tropical fruits (bananas, pineapples, kiwi), pear, apple

Toss your fruit together in a large mixing bowl. Plate and serve with honey-mint yogurt dip, either on top or on the side.