

Healthy and Delicious Creamy Fruit Salad in Just 10 Minutes

Creamy Fruit Salad (With Yogurt and a Hint of Honey)



TIME
15 min

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INGREDIENTS

- 1 banana, sliced
- 1 cup strawberries, halved
- 1 cup mango chunks
- 1 apple, diced
- 1 cup yogurt (vanilla or strawberry)
- 1 tbsp honey (optional, for added sweetness)
- Pinch of black pepper or chia seeds (optional, for a fun twist)

DIRECTIONS

- 1. Prep the Fruit:** Wash and chop all fruits into bite-sized pieces. Use a paper towel to pat them dry slightly-this keeps the yogurt from getting watered down.
- 2. Mix It Up:** In a large mixing bowl, gently combine all the fruit.
- 3. Add the Creamy Goodness:** Fold in the yogurt until the fruit is evenly coated. Go gently to avoid mashing the banana.
- 4. Add Sweetness and Extras:** Stir in honey if desired, and sprinkle in black pepper or chia seeds for a little extra depth.
- 5. Chill and Serve:** Pop it in the fridge for about 15 minutes to let the flavors meld. Serve cold.

SWAPS & NOTES

Made with a medley of vibrant fruits and swirled with creamy vanilla or strawberry yogurt, it's a light and refreshing dish that works for breakfast, a midday snack, or even dessert.

Whether you're meal-prepping healthy options for the week or need a crowd-pleasing brunch dish, this simple recipe is as versatile as it is delicious.

Why I Love This Recipe I love how easy this salad is to throw together, yet it always feels special.

The creamy yogurt adds richness without being heavy, and the natural sweetness of ripe fruit means you barely need any added sugar.

TIPS FOR SUCCESS

Use ripe but firm fruit : Overripe bananas or mushy strawberries can make the salad soggy.

Don't skip chilling : That 15-minute chill helps the yogurt set and lets the flavors combine beautifully.

Serve same day : This salad is best eaten within a few hours of making for optimal texture and freshness.

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