

Creamy Fruit Salad - A Refreshing and Healthy Twist on a Classic

Creamy Fruit Salad - A Light and Luscious Bowl of Fresh Flavor



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 extra sweetness)
- A pinch of black pepper or chia seeds (optional for a twist)

DIRECTIONS

1. Prep the Fruit: Slice and chop all fruit into bite-sized pieces.
2. Combine in a large mixing bowl.
3. Mix the Dressing: Gently fold yogurt into the fruit until evenly coated.
4. Add honey if desired and stir lightly to combine.
5. Chill and Serve: Cover and refrigerate for at least 15 minutes before serving.
6. Sprinkle chia seeds or a pinch of black pepper on top for an unexpected twist.

SWAPS & NOTES

and Swaps Yogurt : Greek, plant-based, or even flavored skyr works well.

Go for vanilla if you want a touch of sweetness, or plain for lower sugar.

Fruit : Swap in blueberries, pineapple, kiwi, or grapes-this recipe is endlessly adaptable.

Sweeteners : Use maple syrup or agave instead of honey, especially for a vegan version.

TIPS FOR SUCCESS

Use ripe but firm fruit for the best texture.

Serve soon after making -banana and apple can brown if stored too long.

Make it portable : Pack into mason jars for on-the-go breakfasts or snacks.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-fruit-salad-a-refreshing-and-healthy-twist-on-a-classic/>