

Creamy Fruit Salad with Honey Drizzle: Easy, Refreshing & Healthy

Creamy Fruit Salad with Honey Drizzle: A Refreshing Bowl of Summer Goodness!



TIME
20 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

- 1 apple, chopped (any variety, such as Gala or Fuji)
- 1 banana, sliced
- 1 cup pineapple chunks (fresh or canned, well-drained)
- $\frac{1}{2}$ cup grapes, halved (red or green)
- $\frac{1}{2}$ cup chopped pear or other seasonal fruits (e.g., orange segments, kiwi, berries)
- $\frac{1}{2}$ cup vanilla yogurt (dairy or plant-based) or sweetened cream
- 1 tbsp honey
- A few drops of lemon juice (about $\frac{1}{2}$ tsp, to prevent browning)

DIRECTIONS

- 1. Prepare and Toss Fruits with Lemon Juice:** In a large mixing bowl, combine the 1 chopped apple, 1 sliced banana, 1 cup pineapple chunks, $\frac{1}{2}$ cup halved grapes, and $\frac{1}{2}$ cup chopped pear or other seasonal fruits. Drizzle a few drops of lemon juice (about $\frac{1}{2}$ teaspoon) over the chopped fruits and toss gently. This helps prevent browning of the apples and bananas and adds a bright flavor.
- 2. Fold in Yogurt/Cream:** Add the $\frac{1}{2}$ cup vanilla yogurt or sweetened cream to the bowl of fruits. Gently fold it in with a spatula or spoon until all the fruits are lightly and evenly coated with the creamy base.
- 3. Chill:** Cover the bowl with plastic wrap and chill the fruit salad in the refrigerator for 15-20 minutes. This allows the flavors to meld and ensures the salad is nicely chilled for serving.
- 4. Drizzle & Serve:** Before serving, give the fruit salad a gentle stir. Drizzle the 1 tablespoon of honey over the top for extra sweetness and a beautiful shine. Serve immediately and enjoy your refreshing and delicious fruit salad!

SWAPS & NOTES

Fruits: This recipe is incredibly versatile!
Use any combination of your favorite seasonal fruits .

Great additions include berries (strawberries, blueberries, raspberries), mango, kiwi, melon chunks, or even cherries .
Ensure fruits are ripe for the best flavor.

TIPS FOR SUCCESS

Fresh, Ripe Fruits: Use fresh, ripe fruits for the best flavor, texture, and natural sweetness.

Chill Ingredients: Ensure all fruits and yogurt/cream are well-chilled before assembly for the most refreshing result.

Lemon Juice for Browning: The lemon juice is key to keeping lighter fruits like apples and bananas from turning brown.

Don't Overmix: Mix gently to avoid bruising the fruits.

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

Original recipe: <https://chefmaniac.com/creamy-fruit-salad-with-honey-drizzle-easy-refreshing-healthy/>