

Fresh Fruit With Poppy Seed Dressing

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 6

Start by getting this:

- 1 banana, sliced
- 1/2 cup orange juice
- 1 tablespoon lime juice
- 2 tablespoons poppy seeds
- 1 tablespoon raspberry vinegar
- 1/4 teaspoon olive oil
- 1/4 cup raspberries
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 cup seedless red grapes
- 1 cup cubed watermelon
- 1 cup halved fresh strawberries
- 1 cup cubed cantaloupe
- 1 cup blueberries
- 1 cup sliced plums

Now, prepare!

Step One:

In a blender or food processor, combine banana, orange juice, lime juice, poppy seeds, raspberry vinegar, olive oil, raspberries salt and cayenne pepper, and puree until smooth.

Step Two:

Cover tightly and refrigerate until ready to use.

Step Three:

Combine grapes, watermelon, strawberries, cantaloupe, blueberries and plums in a large bowl. Pour dressing over fruit and toss to coat.