

Fruit salad with orange and poppy seed dressing (vegan)



 30 min.  113 kcal  SteviaSweet Liquid

Preparation

Zest and juice the orange. Place in a bowl together with the [SteviaSweet Liquid](#) and the poppy seeds. Stir. Peel the kiwis and cut into pieces. Wash and halve the grapes.

Add the fruit and berries to the orange dressing. Leave to soak for 15 minutes before serving.

Divide the fruit salad into bowls and garnish with mint leaves.

Ingredients for 2 servings

	zest of 1/2 an orange
1	Orange, juice
20 drops	SteviaSweet Liquid
1 tsp	poppy seeds
2	kiwis
250 g	red grapes
100 g	fresh raspberries
100 g	fresh blueberries

To serve

a few fresh mint leaves

Nutritional information per portion

113	kcal
473	kJ
2	g Protein
23.5	g Carbohydrates
1.5	g Fat