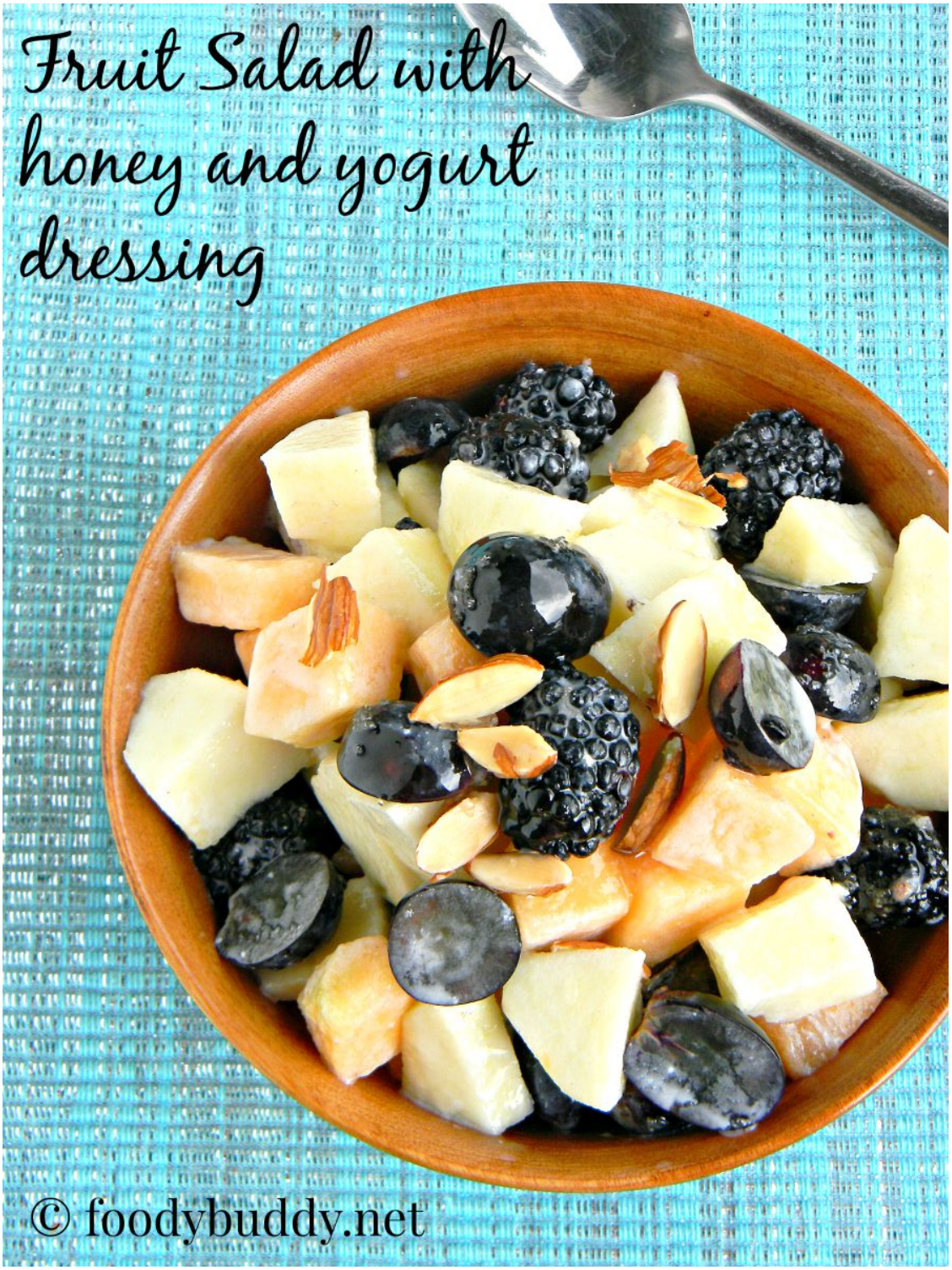
Fresh Fruit Salad with Yogurt Honey Dressing

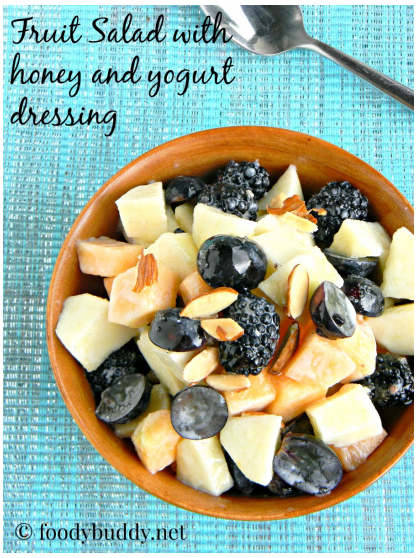


Fresh fruit salad with yogurt honey dressing is a simple to make, healthy and refreshing salad. It was in my draft for long time so I want to post this pretty looking salad before

summer ends. If you have 3 or more fruits lying in your fridge, start making this fresh fruit salad with yogurt, drizzled with honey and topped with roasted almonds. You can serve this salad for breakfast or as evening snack.

How to make Fresh Fruit Salad with Yogurt Honey Dressing

5.0 from 1 reviews
Fresh Fruit Salad with Yogurt Honey Dressing



Save Print
Prep time
5 mins
Cook time
5 mins
Total time
10 mins

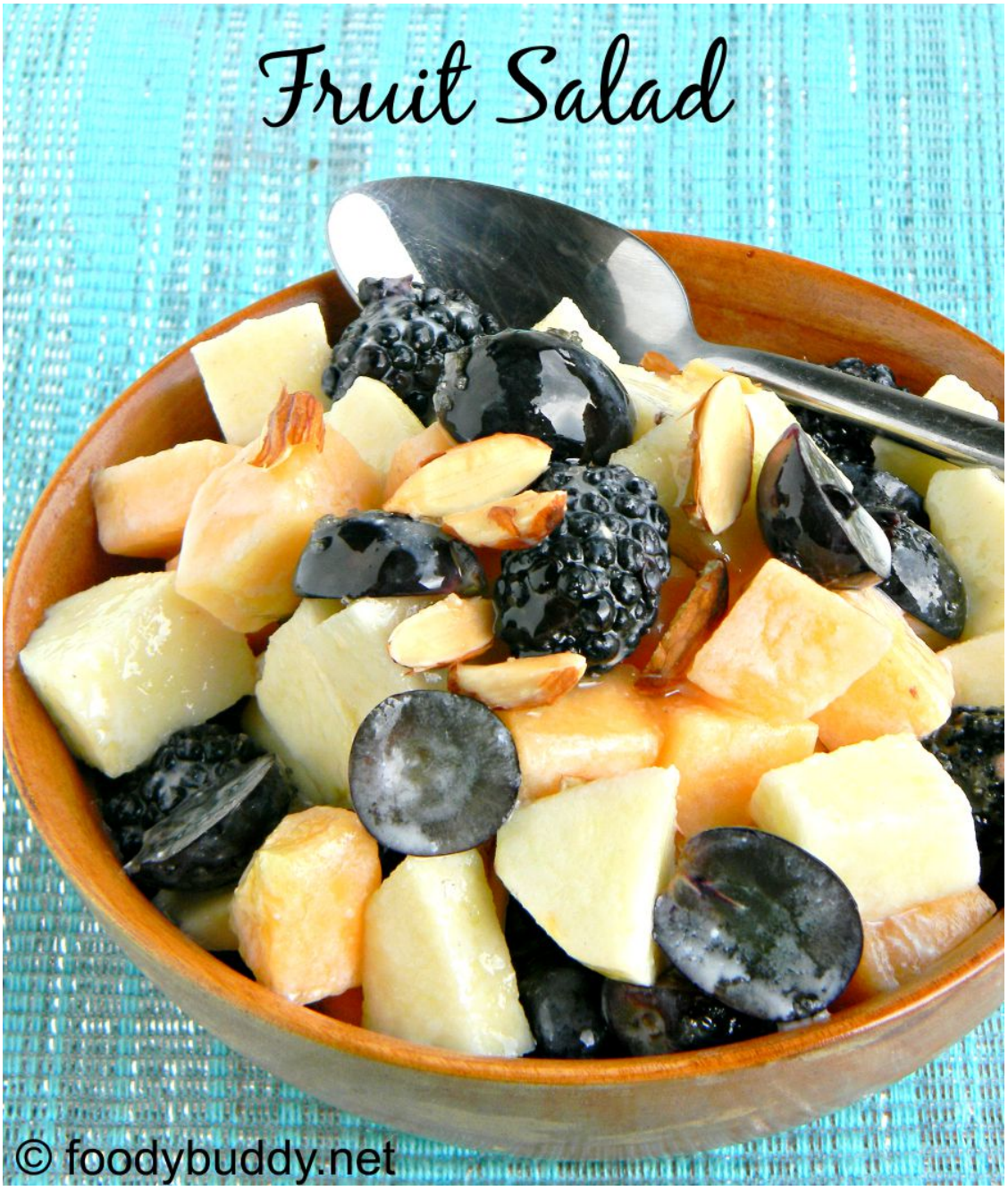
Fresh Fruit Salad with Yogurt Honey Dressing is a simple to make, healthy and refreshing salad. You can serve this salad for breakfast or as evening snack.
Author: gayathri ramanan
Recipe type: Salad
Cuisine: Indian
Serves: 1
Ingredients

- 14 Oz of Cantaloupe, Cut into Cubes
- 1 Red Delicious Apple, Cut into Cubes
- 10 Blackberries, Whole
- 10 Grapes, Chopped into half
- ¼ Cup of Yogurt
- 2 Tsp of Honey or to taste
- 1 Tsp of Brown Sugar
- Salt to taste
- Few Almonds, Chopped

Instructions

1. In a small bowl, mix yogurt, honey, brown sugar and salt.
2. In another bowl, add cantaloupe, apple, blackberries and grapes. Now add the dressing to the fruits and mix well. Chill it for an 15 to 20 mins before serve.
3. Finally add chopped almonds at the top and serve.

Notes
You can use any seasonal fruits of your choice.
Adding salt enhances the sweet taste.
If you don’t have brown sugar, just omit and add extra tsp of honey.



Tags: fruit salad, fresh fruit salad, fruit salad recipe, how to make fruit salad at home, fresh fruit salad with yogurt honey dressing, fruit salad with yogurt, easy salad recipe.

Kale Guacamole Salad Recipe /

Kale avocado Salad



Kale Guacamole Salad Recipe / kale avocado salad is a simple, delicious salad made of kale leaves and guacamole. Kale is a super healthy green loaded with vitamins, anti-oxidants and fiber. Also kale helps you to lose weight and prevent heart diseases. I never knew about this wonderful green before 4 yrs. First I hate it after tasting, as it has got slight

bitter taste , my husband love kale, so we started cooking lot of recipes with kale. Now I started loving it . So I made this kale salad with avocado last week, it was delicious in taste. Guacamole adds a creamy dressing and almonds adds a little crunch to the salad. Try this kale salad you will love this for sure

How to make Kale Guacamole Salad Recipe



Kale Guacamole Salad Recipe / Kale avocado Salad



Save Print

Prep time
10 mins
Cook time
5 mins
Total time
15 mins

Kale guacamole salad recipe / kale avocado salad is a simple, fresh and delicious salad for summer. Serve them as a dip for veggies or spread in sandwich or with tortilla chips.
Author: Gayathri Ramanan
Recipe type: salad
Cuisine: American
Serves: 2
Ingredients

- 1 cup of kale leaves
- 1 avocado
- ½ onion, chopped
- 1 tomato, chopped
- 1 tsp of Lemon Juice
- 1 tsp of Garlic Powder
- Salt and pepper to taste
- 1 tsp of Coriander Leaves (cilantro), chopped
- 7- 10 Almonds, Chopped
- 1 Tbsp of Vegenaise
- 1 Tsp of Olive Oil

Instructions

1. Heat a pan with olive oil, add kale leaves and salt, sauté it for 2 mins. Keep it aside.
2. In a bowl, add avocado, mash well with your back of your spoon, add chopped onion, tomato, garlic powder, vegenaise, lemon juice, coriander leaves, salt and pepper, sautéed kale, mix well with a spoon to combine.
3. Kale guacamole salad is ready to serve, on the top add some chopped almonds. Eat it with tortilla chips or as a spread in sandwich or burger.

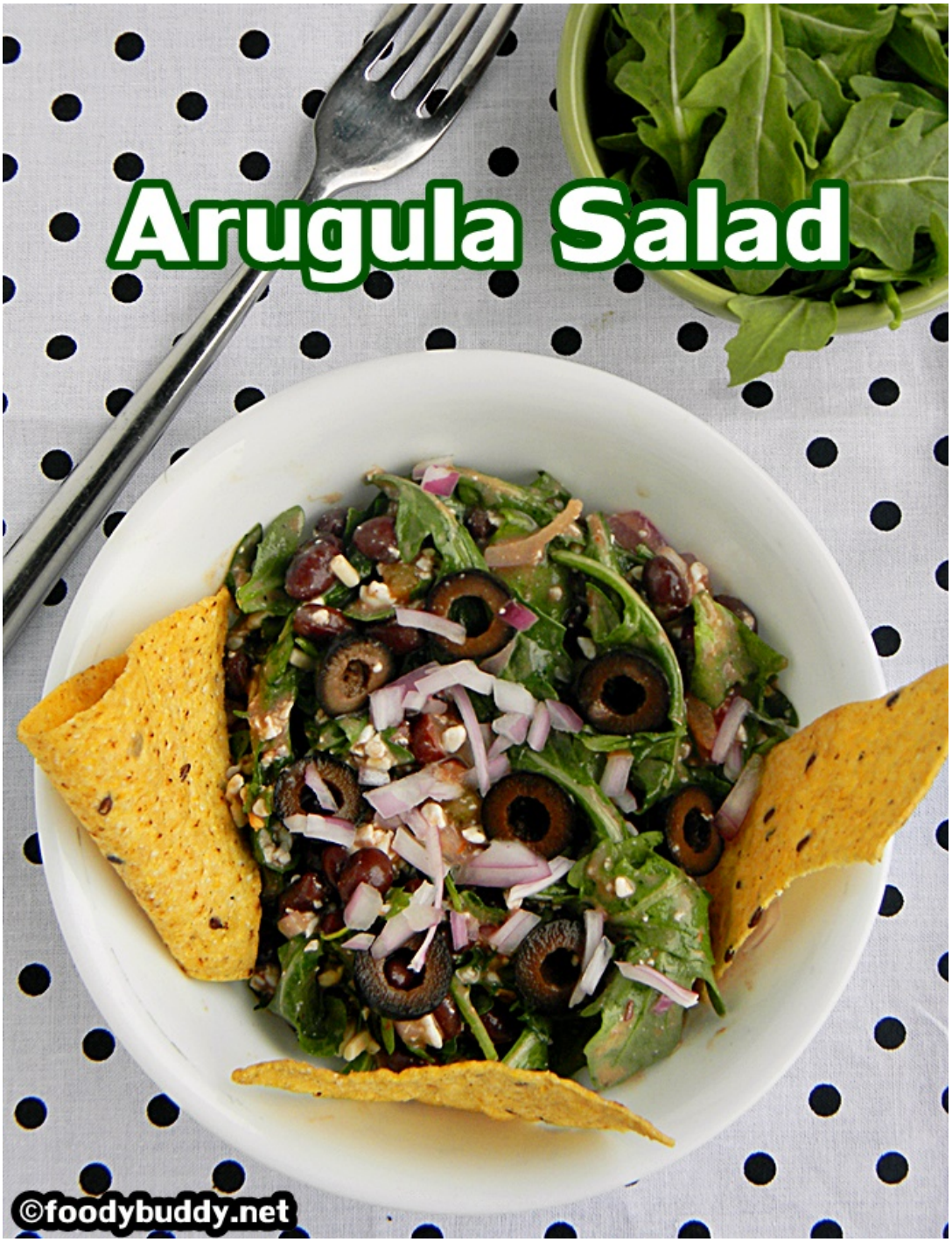
Notes
They are perfect dip for veggies.
Spread it in your sandwich or in burger buns. or as wraps
Serve them with tortilla chips.
If you want, you can add some grated cheddar cheese.



I took this pic in Iphone

Tags: kale guacamole salad, kale guacamole salad recipe, guacamole salad recipe, kale avocado salad, kale salad, kale salad recipe, kale recipes, recipes with kale, recipes with avocado, guacamole in salad, salad recipes, healthy weightloss salad recipe.

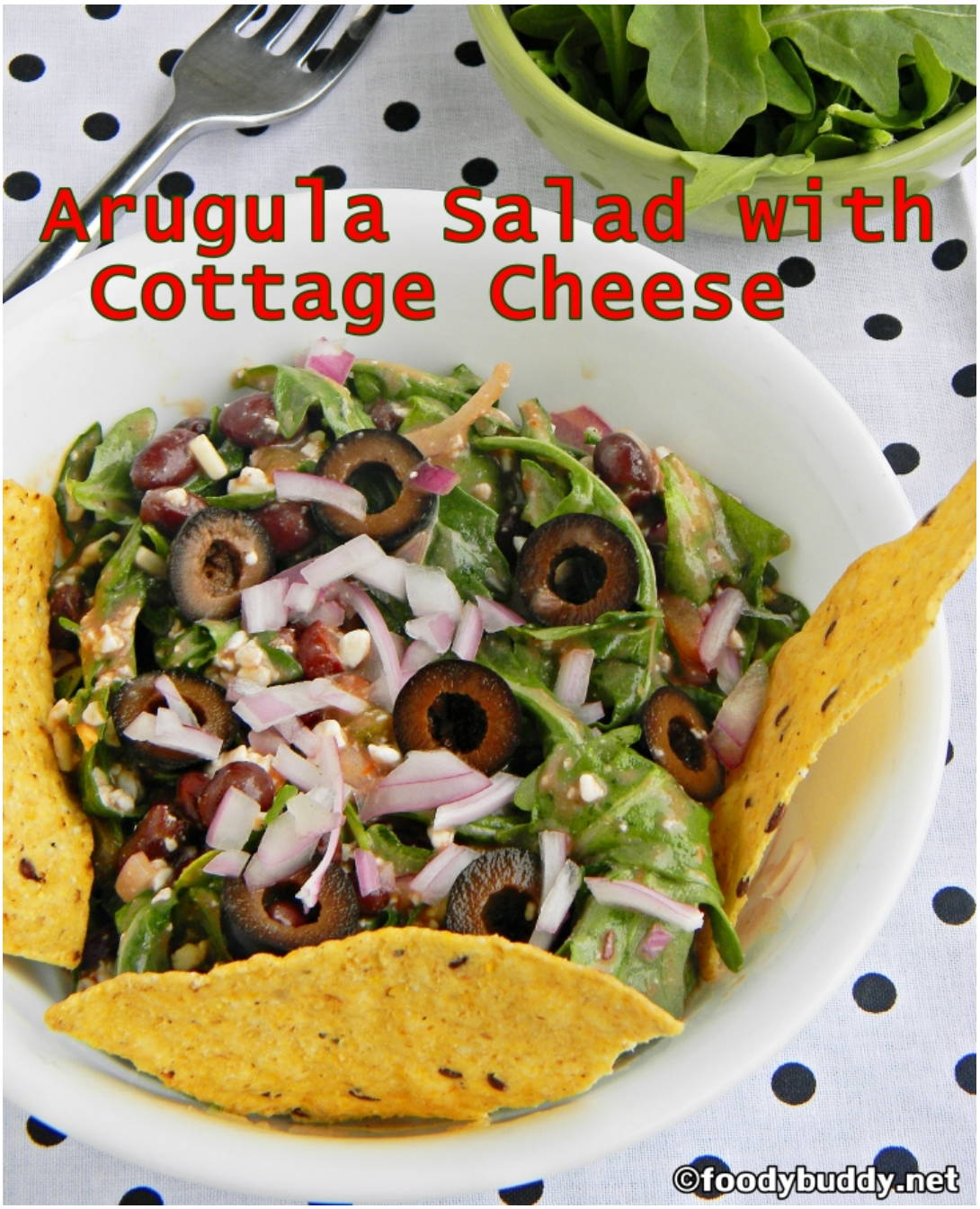
Easy Arugula Black Bean Salad With Cottage Cheese



This easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Arugula is a leafy vegetable low in calories and high in calcium and vitamins. This is a first time, I tried arugula green in my life. It doesn’t taste good on its own but the dressing and the cheese compliment well with peppery arugula. This simple arugula salad has a perfect mix of all tastes and flavors, bitter (arugula), sour (salsa and red wine vinaigrette), sweet (honey) and rich and creamy (cottage cheese, cheddar cheese

and Parmesan cheese) and crunchy taste (tortilla chips) makes a full and satisfying salad. If you love nuts, you can top the salad with pine nuts or peanuts or pecans. Serve as a first course or as an accompaniment for pizza or pasta for dinner. For more salad recipes, refer my recipe index.

How to make Arugula Salad Recipe



Easy Arugula Black Bean Salad With Cottage Cheese



Save Print
Prep time
5 mins
Cook time
5 mins
Total time
10 mins

Easy arugula black bean salad with cottage cheese is an elegant, healthy and refreshing dish. Serve as a first course or as an accompaniment for pizza or pasta for dinner.
Author: Gayathri Ramanan
Recipe type: Salad
Cuisine: American
Serves: 2
Ingredients

- 2 Handfuls of Arugula
- 6 Tbsp of Canned Black Beans
- 2 Tbsp of Red Onion, Chopped
- 1 Tsp of Salsa
- 1 Tbsp of Olive Oil
- ¼ Tsp of Honey
- 2 Tsp of Red Wine Vinaigrette
- 8 Black Olives, Chopped
- Salt and Pepper to taste
- 3 Tbsp of Cottage Cheese

- 2 Tsp of Cheddar Cheese
- Parmesan Cheese to taste
- Tortilla Chips as needed

Instructions

1. Wash the arugula. Chop the onion finely and slice the black olives.
2. In a mixing bowl, combine arugula, black beans, red onion, salsa, honey, olive oil, red wine vinaigrette, black olives, cottage cheese, cheddar cheese, Parmesan cheese, salt and pepper. Toss well with fork or spoon.
3. Garnish with tortilla chips and serve as an accompaniment for pizza or pasta for dinner.

Notes
Use aged gouda cheese or feta cheese instead of cottage cheese and parmesan cheese.
If you love nuts, you can top the salad with pine nuts or peanuts or pecans.
If you have love cherry tomatoes, add it to the salad and avoid salsa.



Tips: Easy Arugula Black Bean Salad with cottage cheese, easy arugula salad, arugula salad, arugula salad recipe, salad recipe, summer salad recipe, black bean salad