

Summer Fruit Salad with Peach Dressing

Prep: 15 mins

Cook: 0 mins

Total Time: 15 mins

Yield: 4 servings

Course: Salad

Cuisine: American

Calories: 261kcal

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This summer fruit salad with peach poppy seed dressing recipe is light and healthy. The dressing is made with ripe peaches and ready five minutes or less!

Peach Salad Dressing

Ingredients:

1 cup yellow peach ripe, sliced

2 teaspoons lemon juice plus zest of 1 lemon

2 tablespoons water

2 tablespoons olive oil

1 tablespoon honey agave nectar or maple syrup (optional)

1 ½ teaspoons poppy seeds

Instructions:

Add 1 cup sliced peaches, lemon juice, zest and water to your blender. Blend until smooth puree forms, about 30 seconds.

Slowly drizzle in the olive oil while the blender is running, mix for 30 seconds.

Taste the dressing and add sweetener if desired, mix 15 seconds. Add poppy seeds and blend for 10 seconds just to mix in the seeds. Set aside.

Fruit Salad

Ingredients:

5 ounces spring mix salad or your choice of greens, (about 10 lightly packed cups)

1 peach sliced into wedges

1 cup strawberries sliced

½ cup blueberries

½ cup pecans

2 tablespoons goat cheese

Instructions:

In a large bowl add salad greens.

Top with peaches, strawberries, blueberries, pecans, and goat cheese. Serve with peach salad dressing on the side. If you're mixing the salad before serving, you may not need all of the dressing. Add the desired amount to coat the greens.