

Choco Fever Dream

Rainbow Fruit Board

Create a stunning rainbow fruit board – easy, fresh, and perfect for any party.

15 min Prep time	**15 min** Total time	**8** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 cup strawberries, hulled and halved
- [ ] 1 cup blueberries
- [ ] 1 cup grapes (red or green)
- [ ] 2 kiwis, peeled and sliced
- [ ] 1 mango, cut into cubes
- [ ] 1 cup pineapple chunks
- [ ] 2 apples, thinly sliced
- [ ] Fresh mint leaves for garnish

Light Dressing

- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey (or agave for vegan)
- [ ] 1 tsp finely grated zest of lime

Instructions

1. Wash all fruit gently under cool water; pat dry with a clean towel.
2. In a small bowl, whisk lime juice, honey (or agave), and zest; set aside.
3. Toss the sliced strawberries, blueberries, grapes, kiwi, mango, pineapple, and apple with the citrus dressing to coat lightly.
4. Arrange the fruit on a large platter, starting with a red corner of strawberries, moving through orange mango, yellow pineapple, green kiwi and apple, then blue blueberries, and finish with purple grapes, creating a smooth gradient.
5. Scatter fresh mint leaves across the top, drizzle any remaining dressing, and serve immediately.

Nutrition per serving

150 kcal	2 g	35 g	0.5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a cooler board, chill the assembled platter for 20 minutes before serving.
- Add a small bowl of the fruit dip for extra indulgence.
- Avoid cutting fruit too far in advance; the longer it sits, the more it may release juice.