



# Fruit Salad in a Melon Bowl with Lemon Poppy Seed Dressing

## Ingredients

2 honeydew melons or cantaloupes  
1 pkg (600 g) frozen MOOV 5 Fruit Medley (thawed)  
1/2 cup (125 mL) plain yogurt  
3 tbsp (45 mL) liquid honey or agave nectar  
1/2 tsp (2 mL) each: finely grated lemon rind and lemon juice  
1/2 tsp (2 mL) poppy seeds (optional)  
1/4 tsp (1 mL) vanilla

## Steps

Cut the honeydew melons in half and scoop out seeds.

Divide thawed, well-drained fruit medley between the four melon halves.

Prepare the dressing: In a small bowl, whisk together yogurt, honey, lemon rind, lemon juice, poppy seeds, if using, and vanilla.

## Preparation time :

4 minutes

**Portions :** 4 servings

**Product :** Moov 5 Fruit Medley

**Product code :** 01107

**Type :** Fruit blends

**Format :** 12 x 600 g

## Preservation :

Keep frozen at 0°F or -18°C or below. Take out desired amount and return any product not used immediately to freezer. Do not refreeze if thawed.

## Preparation :

Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporated into your favourite recipe.