



Creamy Fruit Salad Recipe with Homemade Vanilla Dressing + VIDEO

★★★★★

This Creamy Fruit Salad Recipe is made with a Homemade Vanilla Fruit Salad Dressing -- no pudding mix here!

Course	Breakfast, Salad, Side Dish
Cuisine	American
Prep Time	15 minutes
Cook Time	8 minutes
Total Time	23 minutes
Servings	8 servings
Calories	133cal
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Ingredients

- 1 ½ cups 1% milk
- 1/4 cup granulated sugar (reduce to 3 tablespoons for less sweet dressing)
- 1 ½ tablespoons corn starch
- 2 teaspoons vanilla
- 2 cups fresh strawberries, quartered (260 grams)
- 1 cup fresh blueberries (150 grams)
- 1 cup fresh blackberries (135 grams)
- 1 cup mandarin oranges canned, drained of juice (189 grams or 284ml can)
- 1 cup fresh pineapple chunks (155 grams)
- 1 cup red grapes (173 grams)
- 2 kiwi peeled and sliced

Instructions

1. In a medium skillet, whisk together milk, sugar and corn starch. Cook over medium-low heat, whisking constantly, until thickened, about 8-10 minutes (it won't be thick like pudding, it is a dressing -- but it will thicken considerably).
2. Stir in vanilla. Remove from heat and let cool to room temperature (you can speed this up by refrigerating for 30 minutes).
3. In a large bowl combine strawberries, blueberries, blackberries, oranges, kiwi, pineapple and grapes. Whisk the cooled dressing and pour over fruit. Toss to coat (be gentle -- you don't want mush!).
4. Serve at room temperature or chill to serve later. If making ahead, only add the dressing 1-2 hours before serving.

Notes

*One serving is roughly 1 cup

Nutrition

Calories: 133cal | Carbohydrates: 30g | Protein: 3g | Fat: 1g | Saturated Fat: 1g | Cholesterol: 2mg |
Sodium: 22mg | Potassium: 337mg | Fiber: 4g | Sugar: 24g | Vitamin A: 347IU | Vitamin C: 55mg |
Calcium: 89mg | Iron: 1mg

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