

Winter Citrus Salad

With a Homemade Honey Dressing

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INGREDIENTS

(makes 4-6 portions)

- 1 grapefruit
 - 2 blood oranges
 - 3 mandarins
 - ½ lemon (optional)
 - some fresh mint
 - handful of pomegranate
 - 1 tsp of sesame seeds
 - dry cornflower petals (optional)
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- 1tbsp lemon juice
 - 1tbsp olive oil
 - 1tbsp honey



DIRECTIONS

1. Wash all of the fruits well and peel them.
2. As it can be hard to peel the bigger fruits nicely (so that they keep their shape), I suggest you peel them using a very sharp knife. (See video)
3. Slice all of the fruits thinly. If fresh lemon is too sour to you, you can leave it out.
4. To make the dressing mix lemon juice, olive oil and honey until combined.
5. Take a big serving plate and place one layer of fruit onto it. Drizzle the fruit with about half of the dressing and then place the rest of the fruit on top.
6. Decorate with fresh mint, pomegranate, sesame seeds and cornflowers. Drizzle over the rest of the dressing.
7. You can serve the salad right away or allow it to soak up some of the dressing for a couple of hours in the fridge. The longer you wait, the sweeter the fruits will become because of the dressing.

TIP. If you like things on the sweeter side, you can add an extra tablespoon of honey to the dressing to add some extra sweetness to the salad.