



Garden Fresh Farm Recipes

Kiwi Salad Dressing

This Kiwi Salad Dressing is a vibrant, refreshing blend that combines the natural sweetness and tang of ripe kiwis with a touch of honey, zesty vinegar, and smooth olive oil. It's light, slightly fruity, and pairs beautifully with mixed greens, grilled chicken, or a tropical fruit salad. The subtle kick from Dijon mustard (optional) adds depth, while lemon or lime juice brightens the overall flavor. A perfect way to add a fresh twist to your salads.

Ingredients:

2 ripe kiwis, peeled and chopped
2 tablespoons olive oil
1 tablespoon apple cider vinegar (or white wine vinegar)
1 teaspoon honey or maple syrup (adjust to taste)
1 teaspoon Dijon mustard (optional, for a tangy kick)
Pinch of salt
Freshly ground black pepper
Optional: squeeze of lime or lemon juice for extra brightness

Directions:

Add all ingredients to a blender or food processor.

Blend until smooth and creamy.

Taste and adjust sweetness, acidity, or seasoning as needed.

Chill for 15–30 minutes before serving for best flavor.

Tip: For a tropical twist, add a tablespoon of orange juice or a bit of chopped mint.

