



## PLUMPED-UP FRUIT SALAD, with CALIFORNIA PRUNES & ZESTY CREAM CHEESE DRESSING

This healthy and vibrant fruit salad bursts with flavour, and drizzling on the dressing is an absolute must!

**Prep Time:** 5 minutes (with 4 hours soaking time)  
**Cook Time:** 15 minutes  
**Serves:** 2

**Ingredients:**

**For the Fruit Salad:**  
4 ready-to-eat California Prunes  
4 dried figs  
4 dried apricots  
4 tbsp dried cranberries  
200 ml California Prune juice  
1 tsp finely grated orange zest  
60 ml fresh orange juice  
1 tbsp chopped walnuts

**For the Cream Cheese Dressing:**  
56g light cream cheese  
1 tsp finely grated orange zest  
336 ml fresh orange juice  
8 walnut halves, chopped  
2 tbsp milk (approx)



- Here's How:**
1. Place all the dried fruits in a deep dish. Add the California Prune juice, half the orange juice and half the zest (you will use the rest of the orange for the dressing, so set it aside) and stir well.
  2. Cover and leave to one side for the dried fruits to plump up - at least 4 hours.
  3. To make the dressing, mash the cream cheese in a shallow bowl until creamy, then add the orange juice and zest.
  4. Mash again to combine well, and by now the mixture should be quite loose - you're aiming for the consistency of thickened cream.
  5. If needed, add a small splash of milk at this point and combine well, until you have a dropping consistency.
  6. Add the walnuts and stir well, then set aside.
  7. When ready to serve, drain the dried fruits well, and divide between two bowls. (Depending on how large the figs are you can halve or quarter them so that all the fruits are in proportion).
  8. Dollop a generous portion of the dressing on top, and scatter with chopped walnuts, then eat and enjoy!



**Serving Suggestion:** This is delicious with the fruit warm or cold. It serves well cold but if you prefer warm the fruit salad in a pan.

This dressing will keep in the fridge, covered, for several days. Simply stir well before serving, adding a tablespoon of milk to loosen if needed.

**Link to Website:** <https://www.californiaprunes.net/recipes/plumped-up-fruit-salad/>