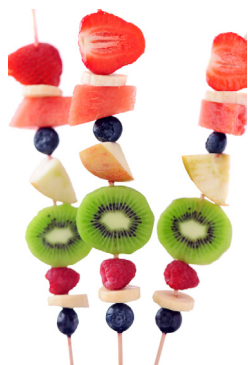


Fruit Kabob



Information

- ◆ Time to make it:



20 minutes.

- ◆ This recipe makes enough



for 2 people.

- ◆ One serving is

1 kabob.

Ideas for foods to serve with this recipe:

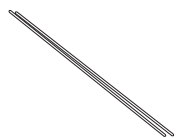


- ◆ Sandwich
- ◆ Pita Pizza
- ◆ Glass of milk
- ◆ Yogurt (see side bar)

Tools I need:



- Cutting board



- 2 Bamboo skewers



- Knife



- Bowls for cut fruit.



- Plate to serve.

Foods I need:



- 1 Banana



- 2 Kiwi



- 15 seedless Grapes (red or green)



- 1 cup fresh Pineapple



- 1 Apple, cut in cubes

My Notes

What to do:



Wash hands.

Get the foods you need.



Get the tools you need.

Wash all of the fruit well before you cut it.



Cut the apple into 1 inch pieces.



Put in a bowl.

Peel kiwi fruit.
Ask someone to help if you need to.



Cut into thick Slices.



Put in a bowl.



Pull grapes off stems.



Put in a bowl.



Cut pineapple into 1 inch pieces.



Put in a bowl.



Cut banana in 1 inch sections.



Put in a bowl.



Put the bowls in a line.

Thread pieces of fruit on to the bamboo skewer in any order.

Leave room for your hand at the bottom.

Eat.

Clean up.

You are done.

Ideas:

There are no rules to what fruit you can use for your kabob. Here are some other fruits that are easy to string on a stick:



◆ Strawberries



◆ Watermelon chunks



◆ Pears



◆ Canteloupe



◆ Peach



◆ Papaya

Use your imagination!

Make a Dip!

Fruit kabobs are great dipped in different flavors of yogurt. Try some of these:

- ◆ Vanilla yogurt
- ◆ Add a shake of cinnamon to vanilla yogurt.
- ◆ Add a shake of nutmeg to vanilla yogurt.
- ◆ Add both cinnamon and nutmeg to vanilla yogurt.
- ◆ Lemon yogurt.