



## FRUIT KEBABS – SERVES 4

These vitamin-packed fruit kebabs are simple, colourful and a fun way of getting your kids to eat fruit. They'll love to help make them too.



### INGREDIENTS

- 8 Grapes
- 1 Banana
- 8 Blueberries
- 1 Strawberry
- 1 Small easy peel orange
- ¼ Pineapple

### ALLERGENS

None

### DIETARY COMPONENTS

Different coloured fruits have different health benefits so try and have as many colours as you can. Fruit is packed full of vitamins, minerals and dietary fibre, to keep you fit and healthy.

### EQUIPMENT

- 4 kebab sticks
- Preparing knife
- Chopping board
- Colander
- Serving plate

### METHOD

1. Remove the stalks from the strawberries and place into a colander.
2. Prepare the grapes and add to the strawberries along with the blueberries and gently wash.
3. Cut the strawberries in half.
4. Peel the banana and chop into 1cm slices.
5. Peel the orange and segment.
6. Peel and core the pineapple, cut into chunks
7. Thread the pieces of fruit onto the kebab stick, alternating colours.



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