

Fruit Kebabs



Select **4 or 5** fruits to make fruit kebabs. You can use fruits from the list below or any other fruits of your choice. Fruit kebabs are a fantastic way of helping you to eat 5 portions of fruit and vegetables each day. Fruits are low in fat and rich in many vitamins and minerals. Fruit kebabs are great for a healthier snack or dessert.

Ingredients:

100ml Orange or Apple Juice

12 Blackberries

12 Blueberries

6 Seedless Grapes

6 Strawberries

1 Clementine

1 Kiwi

1 Mango

1 Orange

1 Peach

½ Can Pineapple Pieces

¼ Melon

Wooden Kebab Skewers

Lemon Juice: School to Provide or 1 Lemon

Please bring an air tight container to take your fruit kebabs home in.



Method:

1. Place the orange / apple juice and lemon juice onto a plate.
2. Prepare the fruit of your choice:
 - Peel the clementine / orange and separate into segments.
 - Cut the grapes in half and remove any seeds.
 - Peel the kiwi fruit and slice.
 - Peel the mango / peach and slice around the stone.
 - Cut stalks off strawberries / blackberries.
 - Open the can of pineapple and slice is necessary.
3. Coat each piece of fruit in the orange / apple and lemon juice.
4. Thread the fruit onto wooden kebab skewers.
5. Place the fruit kebabs into your container.

Adaptations:

- You could use cookie cutters to cut shapes from the fruit.

