

Rainbow Fruit Kabobs

Ingredients:

25 mL	(2 tbsp)	lemon juice
1	1	medium banana, peeled, cut in 8 thick slices
1	1	small apple, cut into chunks
1	1	orange, peeled, segmented, each segment cut in half
8	8	medium strawberries
125 mL	(½ cup)	fresh pineapple, cut into chunks (or canned pineapple chunks)
8	8	clean, wooden skewers/sticks with rounded ends

Preparation:

1. Wash apples and strawberries under cool tap water and pat dry with a clean cloth or paper towels.
2. Using a knife and cutting board, remove stems and seeds of fruit. Cut the fruit into chunks. As apple and banana pieces are cut, toss them with the lemon juice.
3. Thread at least one of each type of fruit on the sticks or two or three pieces of fruit on a toothpick.
4. Serve with yogurt or fruit dip.

Makes 8 kabobs

Preparation Time: about 30 minutes

Equipment:

- knife and cutting board
- bowls
- wooden skewers/sticks with rounded ends or flat toothpicks

Canada's Food Guide Servings:

1 kabob is 1 VEGETABLES AND FRUIT serving



HINT:

Serve with Citrus Cinnamon Dip or Super Simple Strawberry Dip



*Paint your plate.
Create a masterpiece.*