



Give this recipe a try! Fruit Kabobs

Prep time: 15 minutes

Ingredients:

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 c. pineapple chunks
- 1 c. nonfat yogurt
- 1/4 c. dried coconut, shredded

Directions:

1. Prepare the fruit by washing the grapes, washing the apple and cutting it into small squares, peeling the banana and cutting it into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.

Serves: 4

Serving size: 1 kabob

Nutritional analysis (per serving):

141 calories
3 g fat
2 g sat. fat
28 g carbohydrate
3 g fiber
1 mg cholesterol
52 mg sodium
103 mg calcium
0.5 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Suggestions:

Roll your kabobs in something besides coconut. Try granola, nuts, or raisins, or use your imagination.

Source: www.kidshealth.org



A+
breakfast

