



FRUIT KEBABS

These vitamin-packed fruit skewers are a simple, colourful and fun way to get kids to eat fruit. They'll love helping to make them too
BBC Goodfood Recipe

INGREDIENTS

- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries
- 7 cubes dark or milk chocolate melted

DIRECTIONS:

- Take 7 wooden skewers and thread the following fruit onto each – 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape, drizzle with a small amount of melted dark or milk chocolate if you wish.

