



Fruit Kebabs

Get your five-a-day in a fun way! Chop up some fruit and thread it onto a skewer to make delicious fruity kebabs. Choose from the different flavours provided or mix and match your own choice of fruit. Finish the kebabs with a fruity yoghurt topping for a refreshing pudding at any time of year.

Nutritional information per portion (110g):

calories	fat	saturates	sugars	salt
40.7	0.2g <1%	0.0g 0%	9.5g 11%	0.0g 0%

of an adult's guideline daily amount



Wheat/gluten, dairy and nuts (if using topping)

Equipment

For the fruit kebabs:

Weighing scales
Colander
Chopping board
Sharp knife
Can opener (optional)
Juice squeezer
Bowl
Skewers or cocktail sticks

For the toppings:

Bowl
Spoon
Measuring spoons

Ingredients

Each recipe serves 4

Autumn Appetiser

Juice of ½ lemon
1 apple
1 pear
16–18 blackberries

Summer Skewer

Juice of ½ lemon
½ honeydew melon
12 strawberries
1 satsuma
12 grapes (seedless)

Totally Tropical

Juice of ½ lemon
2 kiwi fruit
12–14 pineapple chunks (canned in own juice) OR ½ fresh pineapple
1 banana

Toppings (optional)

Choose from the following:

1 x 125g pot fruit yoghurt,
Greek yoghurt OR fromage frais
1 x 15ml spoon muesli
1 x 15ml spoon finely chopped nuts





Fruit Kebabs

Method

1. Wash the fruit.
2. Peel the banana, kiwi, melon or satsuma, if using.
3. Hull the strawberries or remove the green stalks with a sharp knife.
4. Chop the fruit into 2cm cubes but leave the grapes, strawberries and blackberries whole.
5. Separate the satsuma into segments, if using.
6. Open the can of pineapple chunks, if using, and drain away the juice. If you are using fresh pineapple, cut away the outer skin and cut into bite-sized cubes.
7. Squeeze the juice from the lemon, pour over the fruit and mix well.
8. Thread the fruit onto skewers or cocktail sticks.
9. Prepare any toppings. Spoon the yoghurt or fromage fraise into bowls.
10. Sprinkle on nuts or muesli if using.
11. Spoon your topping onto the kebabs.

Something to try next time

- Try making veggie kebabs instead. Use 8 cherry tomatoes, 8 prunes, 100g Cheddar cheese and a 10cm piece of cucumber both cut into 1½cm cubes. You could use 50g low-fat cream cheese as a dip.
- Alternatively, try 200g feta cheese, a red pepper and an avocado all chopped into 1½cm cubes.
- Make warm fruit kebabs. The Autumn Appetiser kebab can be grilled for 5 minutes, turning regularly until the fruit is just browned. Sprinkle with 1 x 5ml spoon ground cinnamon.
- Try using different varieties of fruit.

Top Tip

- Make sure the fruit is ripe. You may need to buy it several days in advance and allow it to ripen first.
- Double the recipe to serve 8 people.

