

snack time

fruit kebabs

Eat all the colors of the rainbow with this delicious and healthy snack! You can also use different fruits that you like, such as strawberries, apples, or mangos. You will need:

Ingredients:

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> raspberries | <input type="checkbox"/> blueberries |
| <input type="checkbox"/> tangerines | <input type="checkbox"/> grapes |
| <input type="checkbox"/> pineapple | <input type="checkbox"/> skewers |
| <input type="checkbox"/> kiwifruit | |

Instructions:

- 1 Wash your fruit thoroughly.
- 2 Peel any fruit that needs the skin removed, such as kiwis or oranges.
- 3 Cut the larger fruits into smaller triangles or squares.
- 4 Skewer a couple pieces of fruit through each skewer. You can do it in the order of the rainbow colors if you'd like. Enjoy your healthy and refreshing snack!

