

Fruit Kebabs

Get your 5-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 suggested below 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.



Almonds, barley (gluten), hazelnuts, milk, oats and wheat (gluten)*

Nutritional information per portion (180g):

Energy 420kJ 100kcal 5%	Fat 1.1g 2%	Saturates 0.6g 3%	Sugars 20g 22%	Salt 0.09g 3%
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of an adult's reference intake.
Typical values per 100g: energy 233kJ/56kcal.

Equipment

For the fruit kebabs:

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

1 apple
1 pear
16–18 blackberries
1 small lemon (juice only)

Summer Skewer

½ honeydew melon
12 strawberries
1 satsuma
12 grapes (seedless)
1 small lemon (juice only)

Totally Tropical

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

Toppings (optional)

2 x 125g pots low-fat fruit
yoghurt, Greek yoghurt
OR fromage frais
2 x 15ml spoons muesli

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Make sure the fruit is ripe. You may need to buy it several days in advance and allow it to ripen first.
- Apples, pears and bananas will turn brown once chopped, but adding lemon juice helps prevent this happening.

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 core 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 frais into bowls.
10. Sprinkle on muesli (if using).
11. Spoon your topping onto the kebabs.

Something to try next time

- Try making veggie kebabs instead. Use 100g of reduced-fat Cheddar cheese and a 10cm piece of cucumber, both cut into 1½cm cubes, 8 cherry tomatoes and 8 prunes. You could use 50g reduced-fat cream cheese as a dip.
- Alternatively, try 200g of 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 of ground cinnamon.
- Try using different varieties of fruit.

Skills used include:

Washing, measuring, peeling, chopping, squeezing and serving.