

'What's Cooking!' Recipe Cards

MINI FRUIT KEBABS

**Food Fact:-**

This is a great way to get the children to try new tastes by getting them involved in making these tasty treats.

Preparation time 10 mins

Cooking time 0 mins



MINI FRUIT KEBABS

Ingredients

1. Peel the satsumas and pull each apart into individual segments.
2. Cut the apple and pear into small cubes.
3. Thread pieces of fruit onto a cocktail stick.
4. Serve on a plate.

2 satsumas
crisp red or green apple
pear

20 wooden cocktail sticks,

Handy Hints

Instead of melon, use a soft fruit, e.g. strawberry or canned fruit, e.g. pear or peach.

Use a small tub of fruit flavoured fromage frais as a dip.

Try using different types of fruit such as strawberries, bananas and apples.

Veggie Kebabs are a great alternative. Try using 8 cherry tomatoes, 100g cheddar cheese cut into cubes, 4 baby sweetcorn cut in half, 8 prunes and 10cm piece of cucumber cut into cubes.

You could use 50g low fat cream cheese as a dip.

