

# Fruit Kebabs/Fruit Salad



Prep time: 20 minutes    Cooking time: 0 minutes

## Ingredients

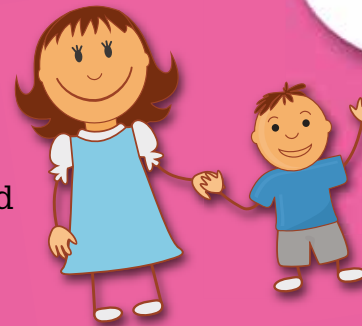
Selection of seasonal fruit for example strawberries, kiwi fruit, mango, melon, pineapple, grapes, oranges, bananas, apples

2 tablespoons of orange juice (for the fruit salad)



## Method.

- Wash, peel and de-seed all the fruit
- Chop all the fruit into bite size pieces
- For the fruit kebabs, thread the fruit onto coffee stirrers and serve
- For the fruit salad, add the fruit to a bowl, add the orange juice, mix and serve
- Wooden kebab skewers can be used for older children and adults but the sharp ends are not suitable for use with young children
- The fruit kebabs are delicious when warmed under the grill, sprinkled with cinnamon and served with natural yoghurt



**Tip!**  
Tinned fruit in natural juice works well too  
e.g. tinned peaches & pineapple