

Fruit Kabobs

1 APPLE
1 BANANA
1/3 C. RED SEEDLESS GRAPES
1/3 C. GREEN SEEDLESS GRAPES
2/3 C. PINEAPPLE CHUNKS
1 C. NONFAT YOGURT
1/4 C. DRIED COCONUT, SHREDDED

1. PREPARE THE FRUIT BY WASHING THE GRAPES, APPLES, AND CUTTING THEM INTO SMALL SQUARES, PEELING THE BANANA AND CUTTING INTO CHUNKS.
2. SPREAD COCONUT ONTO A LARGE PLATE.
3. SLIDE PIECES OF FRUIT ONTO A WOODEN SKEWER AND DESIGN YOUR OWN KABOB BY PUTTING AS MUCH OR AS LITTLE OF WHATEVER FRUIT YOU WANT! DO THIS UNTIL THE STICK IS ALMOST COVERED FROM END TO END.
4. HOLD YOUR KABOB AT THE ENDS AND ROLL IT IN THE YOGURT, SO THE FRUIT GETS COVERED. THEN ROLL IT IN THE COCONUT.
5. REPEAT WITH ANOTHER SKEWER.

SERVES: 4

WWW.KIDSHEALTH.COM