Extension
Nutrition Connections

Rainbow Fruit Kabobs

Makes 12

Ingredients:

1 pint strawberries, washed and stems removed
1 cantaloupe, cut into chunks
20 oz. can pineapple chunks in juice, drain and reserve juice, or fresh pineapple cut into chunks
1 small honeydew melon, cut into chunks
1 lb. purple grapes, washed
2 large bananas, peeled

Materials:

cutting board and knife
sharp knife, if cutting fresh pineapple
can opener
12 wooden skewers (10-12 inches long)
Large serving platter

Directions:

1. Cut each banana into six chunks. Dip chunks in reserved pineapple juice. Thread a strawberry, a cantaloupe chunk, a grape, a pineapple chunk, a honeydew melon chunk and a banana chunk on each skewer. Add more fruit until each skewer is full. Set on a plate and start threading the next skewer. Repeat until all skewers are filled with a rainbow of colorful fruit.
2. Lay skewers on platter. Pour reserved pineapple juice over the top to keep fruit from browning. Chill until ready to serve.

Source: Up for the Challenge 4-H Youth Development

Spiced Yogurt Topping

Goes well with fruit kabobs.

Ingredients:

3 cups low-fat vanilla, or banilla (banana-vanilla_ yogurt
¾ tsp nutmeg
¾ tsp cinnamon

Materials:

mixing bowl and mixing spoon
measuring cup

Directions:

1. Put yogurt in a bowl.
2. Mix in spices and serve with fruit salad or fruit kabobs.

Try it warmed up! Microwave the yogurt topping on medium low (50%) power for one minute. Stir and check temperature of yogurt. Microwave in 10-second intervals until yogurt is warm, but not boiling hot.

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