

Fruit Kabob

Prep time: 15 minutes

Makes: 8 Servings

Try this creative and easy way to enjoy your favorite fruit. Make and serve these fun fruit skewers as a dessert or snack.

Ingredients

- 1 1/2 cups** ripe banana slices (about 16 slices)
- 1 1/2 cups** watermelon cubes (about 16 cubes)
- 1 cup** clementine sections (about 16 sections)

Directions

1. Thread the fruit onto the skewers, alternating and arranging it however you like.
2. Serve right away.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	84	
Total Fat	0 g	0%
Protein	0 g	
Carbohydrates	22 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	0 mg	0%

MyPlate Food Groups

Fruits	1 cup
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