

## Fruit kebabs

### Ingredients

2 satsumas  
1 large can of pineapple chunks, in juice  
1 small bunch of red grapes, seedless  
1 small bunch of white grapes, seedless

Wash the grapes in cold water.

### Equipment

Wooden cocktail sticks, can opener, colander, chopping board, plate.

### Method

1. Remove the grapes from their stalks.
2. Peel the satsumas and pull each one apart into individual segments.
3. Open the can of pineapple and drain in the colander (you might like to save the juice in a bowl and drink it later).
4. Thread pieces of fruit onto a cocktail stick in an attractive pattern.
5. Serve on a plate.

**Makes approximately 16 cocktail sized kebabs**

### Suggestions

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

Try using different types of fruit such as raspberries, bananas and kiwi fruit.

Veggie Kebabs are a great alternative. Try using 8 cherry tomatoes, 100g cheddar cheese cut into cubes, 4 baby sweet corn cut in half, 8 prunes and 10cm piece of cucumber cut into cubes. You could use 50g low fat cream cheese as a dip.

### Safety!

Ask an adult to:

- help you open the can because the lid is sharp;
- show you how to put the fruit on the cocktail stick by putting pieces of fruit on to the chopping board and pushing the cocktail stick into them carefully.