

# Recipes

## Rainbow fruit kebabs

**Cost:** Price will vary depending on what fruit you use and how big your kebab stick is- as a rough cost, £1 for 10 kebabs

**Selection of different coloured fruits - I used a combination of fresh, frozen and tinned**

**Kebab sticks or lolly sticks**

1. Wash and chop all fruit into bite size chunks – get children involved. Think about any choking risks so remember to halve fruits like grapes.
2. Have fun placing your fruit on the sticks – take care with any sharp parts of the kebab – (I removed the sharp ends off mine)

You could also make a dip to go with your kebabs – try mixing yoghurt with a little grated orange/lemon rind to make a tangy dip or make a fruit coulis by blitzing some frozen berries, or just enjoy them as they are!

