

# Fruit Kebabs



**Get your five-a-day in a fun way!** Chop up some fruit and thread it onto a skewer to make delicious fruity kebabs. Choose from the three different flavours provided or mix and match your own choice of fruit. Finish the kebabs with a fruity yoghurt topping for a refreshing pudding at any time of year.



**A!** Dairy, Kiwi (optional) and Nuts

## Equipment

### For the fruit kebabs:

- Colander
- Chopping board
- Sharp knife
- Can opener (optional)
- Juice squeezer
- Bowl
- Skewers or cocktail sticks

### For the toppings:

- Bowl
- Spoon
- Measuring spoons

## Ingredients

### Autumn Appetiser

#### Serves 4

- Juice of half a lemon
- 1 apple
- 1 pear
- 16 - 18 blackberries

#### Serves 10

- Juice of one lemon
- 3 apples
- 3 pears
- 1 punnet blackberries

### Totally Tropical

#### Serves 4

- Juice of half a lemon
- 2 kiwi fruit
- 12-14 pineapple chunks (canned in own juice) or ½ fresh pineapple
- 1 banana

#### Serves 10

- Juice of one lemon
- 4 kiwi fruit
- 1 x 400g can pineapple chunks (in own juice) or 1 fresh pineapple
- 3 bananas

### Summer Skewer

#### Serves 4

- Juice of half a lemon
- ½ honeydew melon
- 12 strawberries
- 1 satsuma
- 12 grapes (seedless)

#### Serves 10

- Juice of one lemon
- 1 honeydew melon
- 1 punnet strawberries
- 3 satsumas
- 1 small bunch grapes (seedless)

### Toppings (optional)

Choose from the following:

#### Serves 4

- 1 pot of fruit yoghurt, Greek yoghurt or fromage frais (125g)
- 1 x 15ml spoon muesli
- 1 x 15ml spoon chopped nuts

#### Serves 10

- 2 x 125g pots of fruit yoghurt, Greek yoghurt or fromage frais
- 2 x 15ml spoons muesli
- 2 x 15ml spoons chopped nuts



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## Method

1. Wash the fruit.
2. Peel the banana, kiwi, melon or satsuma, if using.
3. Remove the green stalks from the strawberries, if using.
4. Chop the fruit into cubes but leave the grapes, strawberries and blackberries whole.
5. Separate the satsuma into segments, if using.
6. Open the can of pineapple chunks, if using, and drain away the juice. If you are using fresh pineapple, cut away the outer skin and cut into cubes.
7. Squeeze the juice from the lemon, pour over the fruit and mix well.
8. Thread the fruit onto skewers or cocktail sticks.
9. Prepare any toppings. Spoon the yoghurt or fromage frais into bowls.
10. Sprinkle on nuts or muesli if using.
11. Spoon your topping onto the kebabs.

## Top tip

Make sure the fruit is ripe. You may need to buy it several days in advance and allow it to ripen first.



## Something to try next time

- Try making veggie kebabs instead. Use 8 cherry tomatoes, 100g cheddar cheese cut into cubes, 8 prunes and 10cm piece of cucumber cut into cubes. You could use 50g low-fat cream cheese as a dip.
- Alternatively, try 200g of feta cheese, a red pepper cut into cubes and chopped avocado.
- Make warm fruit kebabs. The Autumn Appetiser kebab can be grilled for 5 minutes, turning regularly until the fruit is just browned. Sprinkle with a little ground cinnamon.
- Try using different varieties of fruit.



## Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.  
**Skills used: 1, 5, 6a, 7a, 7c, 7e, 7f, 7h, 8a, 8f, 11d, 11f, 15b.**

