

## Ingredients:

### Serves 12

- 1 melon eg rockmelon, honeydew or watermelon
- 3 bananas or apples
- 1 punnet strawberries
- 1 bunch of grapes or 6 kiwi fruits
- 1 pineapple or 3 oranges



## Method

1. Wash, peel and dice fruit (except grapes) into bite sized pieces
2. Alternate pieces of fruit onto wooden skewers
3. Enjoy!!

## This recipe provides:

- 1 serve of **Fruit**

## Notes:

Try different colour combinations to make this more eye-catching and more nutritious. You can also include bite size pieces of cheese to include serve of dairy in this delicious snack.

This is something fun and easy for the children to do themselves. Make sure they wash their hands first and use serving spoons.