RECIPE

Grilled Fruit

Fruit kabobs cooked on the grill make a tasty and healthy dessert.

Makes: 3 servings
Prep Time: 10-15 minutes
Cook Time: 10 minutes

Source: https://www.myplate.gov/myplate-kitchen/recipes

Small Changes, BIG Difference!

Fruits

Ingredients

- 1 cup pineapple chunks
- 1 peach (cubed)
- 1 banana (sliced)

Optional Ingredients

- Melons
- Pear

Directions

1. Place fruit chunks on a skewer to make kabobs.
2. Grill or broil on low heat until the fruit is hot and slightly golden.

Utensils Needed

- Skewers
- Knife
- Cutting board

Notes

- If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).

Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	140
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	1 mg
Total Carbohydrates:	27 g
Dietary Fiber:	2 g
Total Sugars:	21 g
Added Sugars:	0 g
Protein	1 g

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