

FRUIT AND VEG RECIPES



Fruit kebabs

Ingredients (Serves 20)

- 2 satsumas
- ½ honeydew melon
- 1 small bunch red grapes, seedless
- 1 small bunch of white grapes, seedless

Equipment

20 wooden cocktail sticks, chopping board and a sharp knife.

Method

1. Remove the grapes from their stalks.
2. Peel the satsumas and pull each apart into individual segments.
3. Remove the skin and seeds from the melon.
4. Cut the melon into small cubes.
5. Thread pieces of fruit onto a cocktail stick.
6. Serve on a plate.

Handy hints

- Use a small tub of fruit flavoured fromage frais as a dip.
- Try using different types of fruit such as strawberries, bananas and apples.
- Veggie kebabs are a great alternative. Try using 8 cherry tomatoes, 100g cheddar cheese cut into cubes, 4 baby sweetcorn cut in half, 8 prunes and 10cm piece of cucumber cut into cubes. You could use 50g low fat cream cheese as a dip.
- You could swap the grapes for strawberries, or the honeydew melon for canned pineapple.

