

Fruit skewers

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Serves: 12

Preparation time: 10 minutes

Ingredients

- 1 punnet strawberries, halved
- ½ cup mint leaves
- 4 apricots, quartered
- 2 kiwi fruit, peeled and sliced
- 12 cherries, pitted
- 1 punnet blueberries
- small bunch green grapes
- 2 limes, juiced
- natural yoghurt for serving

Method

1. Thread pieces of fruit and mint on to bamboo skewers.
2. Drizzle lime juice over skewers. Serve with natural yoghurt.



Fruit skewers are packed full of vitamins, minerals, antioxidants and dietary fibre.

This is a great way to boost your fruit intake, Cancer Council recommends 2 serves of fruit each day.

Note: The fruit used in this recipe is a guide. Choose fruit that is in season for flavour packed skewers.