



RAINBOW KABOBS

WHAT YOU'LL NEED:

- 1 apple (try a granny smith apple for a sour twist or a honey crisp for a sweeter skewer)
- 2 bananas
- ½ cup red seedless grapes
- ½ cup green seedless grapes
- 1 cup pineapple chunks
- 1 cup nonfat yogurt
- ½ cup shredded dried coconut
- Skewers



HOW TO MAKE:

For this recipe you'll need a knife. So remember to ask your parents' permission before making this recipe and get help from a parent or older brother or sister if needed.

- STEP 1** Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh.
- STEP 2** Place the fruit onto a large plate or platter.
- STEP 3** Spread coconut onto another large plate.
- STEP 4** Slide pieces of fruit onto the skewer and create your own fruit kabob with your favorite fruits. Do this until the stick is full.
- STEP 5** Hold your kabob at the ends and roll it in the yogurt, covering the fruit. Then roll it in the coconut, and enjoy!