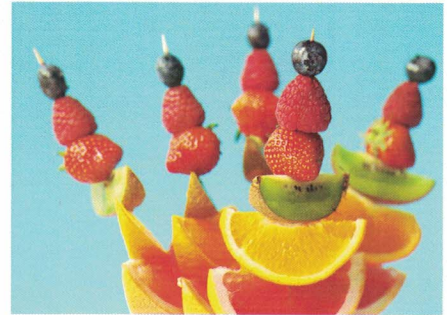


Rainbow Kabobs

SERVES 1

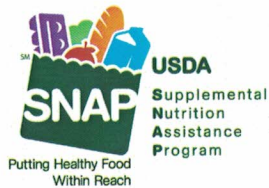
Ingredients

Assorted fruits such as: seedless grapes, apple chunks, fresh or canned pineapple chunks in water or 100% juice, berries, cut melon (about 6–12 pieces of each)
Kabob sticks or wooden coffee stirrers



Directions

1. Wash fruits well and have an adult help cut into pieces or chunks.
2. Carefully push fruit onto kabob skewer or coffee stirrer. Try making a rainbow!
3. Enjoy!



Source: ChopChop Magazine

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462. USDA is an equal opportunity provider and employer.