

Fresh for Kids®

summer fruit skewers with chocolate



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These delicious fruit skewers are great for kids' parties!

Ingredients:

- 2 medium just-ripe peaches
- 2 medium ripe nectarines
- 2 medium ripe plums
- 2 medium ripe apricots
- 1 tbs lemon juice
- 10 small bamboo skewers or paddle-pop sticks
- 150g milk chocolate melts

Health benefits of plums:

- Pop a couple of plums in the lunch box for a convenient and healthy snack food.
- Good for dietary fibre. Many kids don't get enough fibre, which is important to keep the intestine functioning with healthy regularity.
- Low GI, which means they provide a good slow steady release of glucose into the bloodstream for energy.

Method:

1. Halve stone fruit and remove seeds. Cut fruit into bite-size pieces. Thread chopped fruit onto skewers or paddle-pop sticks. Brush fruit with lemon juice to prevent browning.
2. Place skewers on a baking tray lined with baking paper. Trim sharp ends of skewers if preferred. Set aside.
3. Place chocolate into a small heatproof bowl. Microwave, uncovered, on medium/50% power for 1–2 minutes, stirring every 30 seconds until melted. Remove and stir well. Using a spoon, drizzle melted chocolate over fruit kebabs. Leave at room temperature for 10 minutes for chocolate to set and serve.

Pineapple & strawberry kebabs

Substitute the stone fruit with half a small peeled, cored and chopped pineapple and 250g medium hulled and halved strawberries.

Makes: 10 skewers

Preparation: 30 minutes (+ setting time)

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