



Fruit kebabs with yoghurt and honey dipping sauce

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Fruit kebabs are a simple but effective way to make fruit look appealing. Encourage your kids to help make them – they're easy.

Ingredients:

- 1 cup plain yoghurt
- 2 Tbsp honey

Use your favourite fresh fruit

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| 1 red apple, diced (core removed, skin on) | 1 Tbsp lemon juice |
| 1 banana, chopped into 2 cm thick chunks | 6 bamboo skewers |
| 10 grapes | ¼ cup favourite unsalted, unroasted nuts (optional) |
| 2 mandarins, broken into segments | Sprig of mint, garnish |
| 3 kiwifruit, cut into chunks | |

Summer suggestions: strawberry, melons, apples, kiwifruit, peaches, oranges, cherries.

Winter suggestions: apples, banana, pears, mandarins, kiwifruit, grapes, persimmons

Directions:

Place the honey in a heat proof cup and heat in the microwave for 30 seconds, or until it has become runny. Allow to cool for a minute, before mixing the honey into the yoghurt.

Cut the fruit into chunks. Place apples and bananas in a plastic bag. Pour in the lemon juice. Mix the ingredients in the bag to coat the fruit with lemon juice to prevent it from browning.

Thread the fruit and nuts onto the skewers, alternating between the different types of fruit making a colourful pattern.

Serve with the yoghurt dipping sauce, or pour the yoghurt mix over the kebabs and add the mint to garnish.

Cook's tip:

For the best effect, these will need to be prepared right before serving. Make up a huge platter of fruits and vegetables and encourage everyone to make their own with their favourite fruits.