Fruit kebabs

Fruit is full of vitamins and fibre! Fruit kebabs are a fun and different way to serve fruit and children can explore different taste and textures of a variety of fruits.

Makes: 8 portions • Preparation time: 15 minutes

Ingredients

- Selection of fruit (e.g. grapes, banana, strawberries, apple)
- 150ml natural yoghurt
- 1 x 15ml spoon clear honey

Equipment

- Chopping board
- Knifes
- Bowls
- Spoons
- Wooden skewers

Top tips

- Get the children to explore the different fruits with all their senses

Method

1. Cut up your choice of fruit into cubes or circles.
2. Thread alternative pieces of the chopped fruit onto 2 wooden skewers or cocktail sticks.
3. Drizzle yogurt with the honey and serve with the fruit kebabs.