

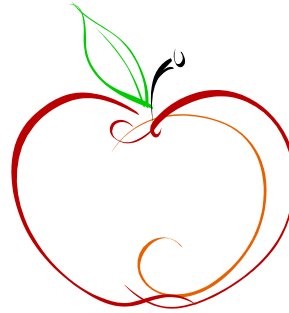
Fruit Kebabs

Kebab Ingredients

- 1 apple,
- 1 orange
- 1 small tin pineapple chunks in fruit juice
- 1 banana
- Kebab skewers

Dip Ingredients

- Fat free yogurt
- 2 passion fruit
- 5 ripe strawberries
- 1 banana



Kebab Method

- Core, then slice the apple into 1 inch chunks
- Peel and segment the orange, taking care to remove all the pith
- Slice the banana into 1 inch chunks
- Put the fruit onto the kebab skewers

Dip method

- Dip 1: put fat free yogurt into a bowl
- Dip 2: put the leftover pineapple juice with the contents of a passion fruit into a small pan, boil for 5 mins
- Dip 3: blend the strawberries and banana for 2 mins, sieve and serve

