

Ingredients:

Rainbow Skewer
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2 cups sliced strawberries
1 orange, peeled and chopped
2 cups pineapple chunks
1 cup green grapes
1 cup blueberries
1 cup blackberries
6 wooden skewers

Feel free to use your favorite seasonal fruits.

Directions:

1. Wash hands with soap and warm water. Wash all fresh fruits before preparing.
2. Trim and slice strawberries. Peel orange and chop segments into chunks. Set aside berries, pineapple, and grapes.
3. Stack the fruit on the skewer in the following order: strawberry slice, orange chunk, pineapple chunk, green grape, blueberry, and blackberry.
4. Serve immediately or cover and refrigerate leftovers.

Nutrition Facts (Per Serving)

Calories, 125; Carbohydrate, 25 g; Protein, 1.5 g; Total Fat, 0.5 g;
Saturated Fat, 0 g; Trans Fat, 0 gm; Cholesterol, 0 mg; Fiber, 4.5 g; Total
Sugars, 25 g; Sodium, 2 mg; Calcium, 43 mg; Folate, 25 mcg; Iron, 1 mg;
Calories from Fat, 3.5%.
Makes: 6 servings, 1 skewer each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.