

Red, White, and Blue Skewers

Ingredients:

1 cup strawberries, halved
1 medium banana, sliced
1 cup blueberries
2 wooden skewers

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Feel free to use your favorite seasonal fruits.

Directions:

1. Wash hands with soap and warm water. Wash all fresh fruits before preparing.
2. Chop off the ends of the strawberries. Slice each strawberry in half. Peel and slice the banana.
3. Stack the fruit on the skewer to make a red, white, and blue pattern: strawberry, banana, blueberry.
4. Repeat until the fruit is evenly divided between the two skewers.
5. Serve immediately.

Nutrition Facts (Per Serving)

Calories, 120; Carbohydrate, 30 g; Protein, 2 g; Total Fat, 1 g; Saturated Fat, 0 g; Trans Fat, 0 gm; Cholesterol, 0 mg; Fiber, 5 g; Total Sugars, 18 g; Sodium, 2 mg; Calcium, 20 mg; Folate, 35 mcg; Iron, 1 mg; Calories from Fat, 5%.

Makes: 2 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.

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