



## August 29- Fruit Kabob

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/fruit-kabob>

### **Recipe**

*Ingredients:*

- 1 ½ cups ripe banana slices (about 16 slices)
- 1 ½ cups watermelon cubes (about 16 cubes)
- 1 cup clementine sections (about 16 sections)

*Directions:*

1. Thread the fruit onto the skewers, alternating and arranging it however you like.
2. Serve right away.

Yield 8 servings

### **Nutrition Facts**

Serving Size 1 kabob (84.97g)  
Servings Per Container 8

**Amount Per Serving**

**Calories** 50      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

*Trans Fat*

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 12g      **4%**

**Dietary Fiber** 1g      **5%**

**Sugars** 8g

**Protein** <1g      **1%**

Vitamin A 4%      •      Vitamin C 30%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.