



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.