January 17- Fruit and Cheese Kabobs

Smart Snack
Link: http://www.recipe.com/fruit-and-cheese-kabobs/

Recipe
Ingredients:
4 cantaloupe melon slices
2 ounces reduced-fat cheddar cheese slices
4 fresh blackberries
4 whole fresh strawberries
4 small wooden skewers

Directions:
1. Use 1 to 1 ½ inch cookie cutters to cut shapes out of cantaloupe slices and cheese.
2. Thread fruit and cheese onto 4 small skewers.
3. Place in a flat storage container and chill until serving time or up to 24 hours.

Yield 2 servings