

RAINBOW FRUIT SKEWERS



Looking for a fun treat and activity? Check out these rainbow fruit skewers! Every bite is interesting and different since you have all the flavors and colors of tangy orange, sweet grapes, and tart granny smith apples! Each color has different health benefits for your body, so eating the rainbow is always a good idea!



Mix it up!

Use our fruit choices as a guide! Feel free to swap out different fruits to meet your tastes & your budget! You can even cut fun shapes it even fancier!

Red: Watermelon, Raspberries, Cherries, Red Apples

Orange: Mango, Cantaloupe, Peaches, Clementines

Yellow: Fresh Pineapple, Yellow Watermelon, Golden Kiwi

Green: Kiwi, Honeydew, Green Grapes

Purple: Blackberries, Plums

White: Banana, Dragonfruit

Ingredients (for 16 skewers)

- 1 quart strawberries
- 1 medium orange
- 1 can pineapple chunks, in 100% juice
- 1 large granny smith apple
- 1/2 cup blueberries
- 1/2 cup purple grapes
- 1/2 cup plain yogurt
- 1/2 cup vanilla yogurt

Directions

1. Wash your hands, as well as all produce. Wash berries & grapes in a colander. Rub orange & apple with your hands under running water.
2. Drain and rinse pineapple chunks.
3. Cut the tops off strawberries. We don't recommend hulling with a straw, since you don't want a big hole through the middle!
4. Chop your apple & orange into 16 wedges.
5. Assemble your skewers carefully. The tips are sharp, so place fruit on cutting board or tray, then push skewer straight down into it. Move fruit pieces up the skewer, leaving 1/3 empty for a handle.
6. For rainbow order, add 1 strawberry, 1 orange chunk, 2 pineapple chunks, 1 apple chunk, 3 blueberries & 2 grapes. Change the order or amounts if feeling creative!
7. Continue until out of fruit or out of skewers!
8. If desired, serve with yogurt dip. Make the dip by mixing 1/2 cup plain & 1/2 cup vanilla yogurt.