

Makes 10

Ingredients

- 2 bananas
- ¼ rock melon
- ¼ honeydew melon
- 1 punnet strawberries
- ½ pineapple
- 200g reduced fat vanilla yoghurt
- 10 paddle pop sticks



Method

1. Cut up each of the fruit into bite-sized portions.
2. Place each fruit in a separate bowl
3. Skewer fruit pieces onto paddle pop sticks and place on a platter
4. Drizzle yoghurt over fruit kebabs or serve the kebabs with a dollop of yoghurt on the side.

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 116g (1 kebab)		
	Per serve	Per 100g
Kilojoules (kJ)	295	255
Protein (g)	2.1	1.8
Total fat (g)	0.3	0.3
- Saturated fat (g)	<0.1	<0.1
Carbohydrates (g)	13.6	11.7
- Sugars (g)	10.9	9.4
Fibre (g)	1.9	1.6
Sodium (mg)	23	20

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines