Grilled Fruit

YIELD: 8 servings

Ingredients

2 TBS oil

2 TBS fresh lime juice

1 tsp ground cinnamon

2 apples, cored and cut into 1” pieces

2 bananas, peeled and cut into 1” pieces

2 peaches, pitted and cut into 1” pieces

2 cups watermelon, sliced into 1” pieces

3 cups cubed pineapple, cut into 1” pieces

3 cups strawberries, washed and hulled

8 wooden skewers

Instructions

Prepare grill. Soak wood skewers in water for 10 minutes. Combine oil, lime juice, and cinnamon. Mix well.

Alternate fruit on skewers. Brush kebabs with lime juice mixture and place on grill. Grill for about 6-8 minutes, turning 2-3 times until fruit starts to brown and is heated through. Enjoy.

Nutrition per Serving 140 calories, 4g fat, 28g carbohydrates, 4g fiber, 2 protein, 2mg sodium

Adapted from https://fruitsandveggies.org

Grilled Fruit

YIELD: 8 servings

Ingredients

2 TBS oil

2 TBS fresh lime juice

1 tsp ground cinnamon

2 apples, cored and cut into 1” pieces

2 bananas, peeled and cut into 1” pieces

2 peaches, pitted and cut into 1” pieces

2 cups watermelon, sliced into 1” pieces

3 cups cubed pineapple, cut into 1” pieces

3 cups strawberries, washed and hulled

8 wooden skewers

Instructions

Prepare grill. Soak wood skewers in water for 10 minutes. Combine oil, lime juice, and cinnamon. Mix well.

Alternate fruit on skewers. Brush kebabs with lime juice mixture and place on grill. Grill for about 6-8 minutes, turning 2-3 times until fruit starts to brown and is heated through. Enjoy.

Nutrition per Serving 140 calories, 4g fat, 28g carbohydrates, 4g fiber, 2 protein, 2mg sodium

Adapted from https://fruitsandveggies.org