FRUIT AND CHEESE KEBABS

SERVES 8

Preparation time: 30 minutes

INGREDIENTS

8 12-inch wooden skewers
2 cups cantaloupe, cubed
2 cups pineapple cubes or chunks (canned or fresh)
2 kiwis, peeled and cut into eight chunks
16 strawberries, hulled
32 cubes part-skim mozzarella cheese

DIRECTIONS

1. Wash, peel and cube fruit.
2. Alternate pieces of fruit and cheese cubes on wooden skewer, using 4 cheese cubes on each kabob.
3. Skewer a strawberry on each end.
4. Serve chilled.

SAFETY TIP

• CHILDREN UNDER AGE 4 should not be served kebabs on wood skewers.