

Patriotic Fruit Skewers

(Great for summer, 4th of July, Memorial Day, or Labor Day BBQ's)

Try these healthy fruit skewers for your next BBQ! These bright and delicious fruit skewers were inspired by the American flag and are super easy to make. Try the simple recipe below with kids in your summer program (indoors or out) for a healthy patriotic treat!

Time: 20 mins.

Ingredients

- 12 wooden bamboo skewers;
- 1 pound strawberries
- 6 ounces blueberries
- 3 bananas
- 1/2 cup water
- 1 1/2 tablespoons lemon juice (or orange juice)
- Serving tray



Instructions:

Rinse and dry berries. Chop the stems off strawberries, then cut into halves from stem to point. Cut the point off strawberries and set aside. Slice bananas and set aside. In a bowl, mix water and lemon juice, then place banana slices in lemon water and coat both sides to prevent browning. Starting with the blueberries, skewer about six on top and alternate between two banana slices and one strawberry slice until you reach the end. Place on a platter and keep refrigerated until serving.

Source: SuperHealthyKids.com

Check out this site for additional summer themed healthy fruit snack activity ideas that kids will love! <https://www.superhealthykids.com/30-kid-friendly-summer-snacks/>.