

# GRILLED FRUIT KEBABS

**Preparation time:** 25 minutes

**Cooking Time:** 5 minutes

**Serves:** 12



## Ingredients

- 1 medium pineapple
- 2 large mangoes
- 250g strawberries
- 3 bananas
- 1 tablespoon margarine
- 1 tablespoon lime juice
- 1/4 cup brown sugar

## Nutritional Information:

Kilojoules 400 kJ  
Calories 95 cal  
Protein 2 g  
Total fat 1 g  
Carbohydrate 18 g  
Sodium 10 mg  
Potassium 290 mg  
Calcium 20 mg  
Iron 0.6 mg  
Fibre 2.5 g

## Method

1. Peel and discard core from pineapple. Cut pineapple into 2.5cm chunks. Cut "cheeks" off mango seed, remove skin and cut into cubes. Remove hulls from strawberries and halve. Peel bananas and cut into 2cm chunks. Thread fruit alternatively onto wooden skewers, making 12 kebabs.
2. Combine margarine, juice and sugar in a small saucepan over a low heat. Stir until margarine melts and sugar dissolves. Brush kebabs with sugar mixture.
3. Cook kebabs on a barbecue grill for 5 minutes or until lightly browned. Serve with honey almond yoghurt\*.

## Tips

\* Honey almond yoghurt can be purchased from some green grocers. Alternatively you can make your own. Just combine plain low fat yoghurt with a dash of honey and slivered almonds.