

Coconana Kabobs

Serves: 4

Serving Size: 1 Kabob

Preparation Time: 15 Minutes

Ingredients:

1 apple pre-cut into slices (Be sure to ask a grown-up to help with the cutting!)

1 banana pre-cut into slices (Be sure to ask a grown-up to help with the cutting!)

1/3 cup red seedless grapes

1/3 cup green seedless grapes

2/3 cup pineapple chunks

1 cup non-fat yogurt

1/4 cup dried, shredded coconut

Utensils:

Sturdy Plastic Straws

Large Plate

Directions:

Put the fruit on a large plate. Spread the coconut out on another large plate. Slide the pieces of fruit onto the straw and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the plastic straw is almost covered from end to end. Hold your kabob at both ends and roll it in yogurt so that the fruit is covered. Finally, roll the kabob in the coconut. Repeat these steps with another straw.