



## Fruit Kebabs with Orange-Cinnamon Yogurt Dip:

Yield: 4 - 5 servings  
Preparation Time: 20 minutes

<p><u>Ingredients:</u></p> <p>Fruit:</p> <ul style="list-style-type: none"> <li>• 1 cup (250mL) strawberries, cut in half</li> <li>• 1/4 melon, cut into bite-sized pieces</li> <li>• 1 apple, sliced</li> <li>• 1 orange, peeled and cut into bitesized pieces</li> <li>• 1 cup (250mL) grapes</li> <li>• <i>Choose fruit in season! (berries, peaches, apricots, pears...)</i></li> </ul> <p>Dip:</p> <ul style="list-style-type: none"> <li>• Zest from one small orange</li> <li>• 1 Tbsp (15mL) fresh orange juice</li> <li>• 1 cup (250mL) plain or vanilla yogurt</li> <li>• 1 Tbsp (15mL) liquid honey</li> <li>• ¼ tsp (1mL) cinnamon</li> </ul>	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> <li>• Cutting board</li> <li>• Small sharp knife</li> <li>• Wooden skewers</li> <li>• Measuring cups</li> <li>• Melon baller</li> <li>• Soup spoon</li> <li>• Small bowl</li> <li>• Platter or plate</li> <li>• Zester or microplane</li> <li>• Measuring cups and spoons</li> <li>• Wooden spoon or spatula</li> <li>• Medium-sized bowl</li> </ul>
---	--

### Method:

#### Fruit:

1. Wash all fruit.
2. Cut strawberries in half, from stem end to tip.
3. Have an adult cut the melon in half. Use a soup spoon to remove the seeds and throw them out.
4. Place the melon on the cutting board, flat side down and remove the skin using a small sharp knife, cutting toward the cutting board. Cut ¼ of the melon into bitesized pieces. (Place the rest in the fridge for another day.)
5. Cut the apple in half, from stem end to the sepal. Use a melon baller to remove the core. Cut into bite-sized slices. Place in a small bowl.
6. Zest the orange using a microplane and place in a medium-sized bowl. Remove the peel of the orange and compost it. Cut the orange in half then cut into bite-sized pieces. Put aside two pieces of orange then add the rest to the apples and toss together (the juice will help stop the apple from turning brown). Squeeze the juice from the saved pieces of orange into the bowl with zest.

7. Thread the fruit on to wooden skewers, alternating the type of fruit. (You can also just arrange the fruit on a platter or plate.)
8. Place the kebabs on to a platter.
9. Keep in the fridge until ready to eat.

Dip:

1. Add the yogurt, honey and cinnamon to the zest/juice bowl and mix together.
2. Place in the fridge until ready to eat.