

## Minted Fruit Kabobs

(Makes 8 servings / 2 kabobs per serving)

(V) – This recipe is a vegan option recipe!

### Ingredients:

- 1 kiwi, peeled, sliced into 4 slices, and quartered
- 1 banana, peeled, sliced into 1-inch thick slices, and slices cut in half
- 1 red apple, cored and cut into bite sized chunks

- 1 small can mandarin oranges, drained
- ½ cup orange juice
- 1 tablespoon dried mint leaves or 3 tablespoons fresh, chopped

### Directions:

- 1) Mix mint leaves into orange juice.
- 2) As soon as you cut the banana and apple, place in minted orange juice so they do not brown. Toss well in orange juice and then remove.
- 3) Place kiwi quartered slices and mandarin orange pieces in minted orange juice; toss well; remove.
- 4) Using wooden skewers, make 16 fruit kabobs by alternating the kiwi, banana, apple and mandarin orange segments.
- 5) If you make these ahead, place them in a long shallow container and pour the minted orange juice over the top; cover and refrigerate.
- 6) Remove from juice and arrange on a platter for serving.

### Nutritional Analysis: (per serving / 2 kabobs)

▪ Calories: 35	▪ Carbohydrates: 9 g
▪ Fat: 0.2 g	▪ Fiber: 1.3 g
▪ Saturated Fat: 0 g	

### Source:

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