

# Grilled Fruit

Fruit kabobs cooked on the grill make a tasty and healthy dessert.

Makes: 3 servings  
 Prep Time: 10-15 minutes  
 Cook Time: 10 minutes

Source: <https://www.myplate.gov/myplate-kitchen/recipes>

## Ingredients

- 1 cup pineapple chunks
- 1 peach (cubed)
- 1 banana (sliced)

### Optional Ingredients

- Melons
- Pear

## Directions

1. Place fruit chunks on a skewer to make kabobs.
2. Grill or broil on low heat until the fruit is hot and slightly golden.

## Utensils Needed

- Skewers
- Knife
- Cutting board

## Notes

- If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).



Small Changes,  
 BIG Difference!



### Nutrition Information

Serving Size: 1 Cup	
Nutrients	Amount
Calories:	140
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	1 mg
Total Carbohydrates:	27 g
Dietary Fiber:	2 g
Total Sugars:	21 g
Added Sugars:	0 g
Protein	1 g

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.44

Average cost/serving: \$1.15

Recipe makes: 3 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Pineapple chunks



Add 1 to Cart  
Sliced Peaches



Add 1 to Cart  
Bananas

## My Cooking Notes

## SAVE TIME, SAVE MONEY

### Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

### Similar recipes

- Fruit Kabobs with Yogurt Dip
- Fruit Salad with Yogurt
- Fruit Pizza