

Colorful Fruit & Cheese Skewers



Ingredients:

- 4 strawberries, hulled and cut in half
- 4 blueberries
- 8 grapes
- 2 kiwis, peeled and sliced
- 1 mango cut into cubes
- 3 light string cheese sticks, each cut into 4 pieces
- 4 wooden skewers

Directions:

1. To make skewers, alternate strawberries, grapes, kiwi slices, mango cubes and cheese on one skewer (2 strawberry halves, 2 blueberries, 2 grapes, 2 kiwi slices, 2 mango cubes and 3 pieces cheese per skewer)
2. Repeat the process for the remaining 3 skewers

*substitute fruit as preferred

Nutrition Information:

Serving size*: 1skewer

Servings per recipe: 4

Calories per serving: 85

Total fat per serving: 2g

Total protein per serving: 5g

Total carbohydrates per serving: 12g

Nutritional Benefits:

Fruit is a great source of Fiber and provides many of the vitamins and minerals to support a healthy lifestyle.

*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from American Diabetes Association (2016). Fruit and Cheese Kabobs. *Recipes For Healthy Living*. Retrieved from <http://www.diabetes.org/mfa-recipes/recipes/2014-05-fruit-and-cheese-kabobs.htm>

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