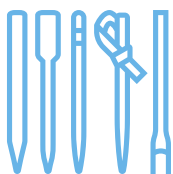


FRUIT KEBABS WITH DIPS

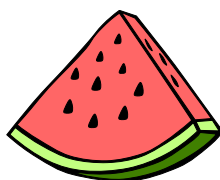
INGREDIENTS:



Bamboo skewers



Green Grapes



Watermelon



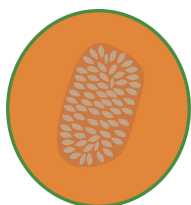
Red grapes



Pineapple



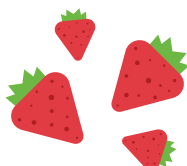
Kiwi



Cantaloupe melon



Honeydew melon



Strawberries

Cream cheese dip:



225g cream cheese



½ tsp vanilla essence

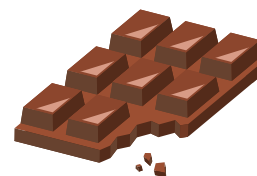


140g Greek yoghurt



1tbsp honey

Chocolate dip:



Chocolate - to melt

FRUIT KEBABS WITH DIPS

INSTRUCTIONS:

1. Wash the grapes and strawberries. If the strawberries are too large you can cut them in half.
2. Peel the pineapple, watermelon & kiwi and cut them into chunks. Ideally, you want the chunks to be more or less the same size.
3. Peel and deseed the watermelon and cantaloupe. Cut into chunks, the same size as the other fruit.
4. On wooden skewers, thread the fruit pieces to make a complete skewer of fruit. You can mix and match the pieces, or keep them all uniform i.e (strawberry, watermelon, blueberry, grape, etc).

You can mix and match the pieces, or keep them all uniform i.e (strawberry, watermelon, blueberry, grape, etc).

5. Chocolate dip:

Melt the chocolate in the microwave – at short intervals – stirring often.

6. Cream cheese dip:

Put cream cheese into a bowl. Add the yoghurt and whisk together. You want to whisk until the cheese and yoghurt come together and are smooth. Add the honey & vanilla essence and mix again.

7. Serve the kebabs on a tray with dips.