



## American Flag Fruit Kabob

### Ingredients:

12 wooden bamboo skewers  
1 pound strawberries  
6 ounces blueberries  
3 bananas

### Instructions:

1. Rinse and dry berries. Peel bananas.
2. Chop the stems off strawberries and cut into bite-size pieces.
3. Slice bananas into 1" slices.
4. Insert skewer into fruit and repeat.
5. Starting with the blueberries, skewer six on top and alternate between banana and strawberry slices until you reach the end of the skewer. Continue with blueberries first on the skewer for 4-5 skewers. Then the rest of the skewers alternate remaining bananas and strawberries to complete the American flag.
6. Place on a platter and keep refrigerated until serving. If not serving immediately—use lemon juice on bananas to prevent browning.

### Nutritional Information:

- Servings: 12
- Servings size: 1 skewer
- Calories: 51 kcal
- Carbohydrates: 12 g
- Sugar: 8 g
- Protein: < 1g
- Fat: < 1 g
- Saturated Fat: <1 g
- Unsaturated Fat: <1 g
- Fiber: 2 g
- Sodium: 1 mg
- Cholesterol: 0 mg

\*Average of all fruit