

## **Fruit Kabobs**

1 1/2 quarts fresh fruit, in season  
12 wooden skewer sticks

Cut fresh fruit into bite size pieces. On 12 wooden skewers, alternately thread fruit chunks. Serve kabobs on a decorative plate. Makes 12 servings.

Nutrition information per serving: calories 33; protein 1 gram; fat 0 grams; sodium 1 gram