

RAINBOW SKEWER

Portions: 10 skewers

Preparation: 20 to 30 minutes

QUANTITY	INGREDIENTS	PREPARATION
½	pineapple	<ol style="list-style-type: none"> 1. Wash the fresh fruit. 2. Peel the half pineapple and cut into 10 cubes. 3. Hull and halve the strawberries. 4. Peel and quarter the kiwis. 5. Peel the oranges and separate into quarters. 6. On each skewer, thread the fruit in the following order to reflect the colours of the rainbow: strawberries, oranges, pineapple, kiwi, blueberries, grapes. 7. Place the skewers on a serving platter. 8. Dunk the skewer in the MAPLE YOGURT DIP, AND ENJOY!
5	strawberries	
3	kiwis	
2	oranges	
10	blueberries	
10	red grapes	
10	wooden skewers	

