



Grilled Fruit

Source: *University of Wyoming Cooperative Extension, Cent\$ible Nutrition Program. Cooking for You or Two*
Yield: 3 servings; 104 Calories per serving. Total fat 0g; Protein 1g; Total carbohydrate 27g; Dietary fiber 2g, Sodium 1mg.

INGREDIENTS:

- 1 cup pineapple chunks
- 1 peach (cubed)
- 1 banana (sliced)

DIRECTIONS:

1. Place fruit chunks on a skewer to make kabobs.
2. Grill or broil on low heat until the fruit is hot and slightly golden.

If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).