

Fruit Skewers

Serves: 6 (makes approx. 20 skewers)

Prep time: 30 minutes

Cook time: 0 minutes



1 serve per portion

Ingredients

1 small pineapple

40 red seedless grapes

40 green seedless grapes

40 strawberries

20 bamboo skewers

Method

SOAK the bamboo skewers in a shallow tray of water for about 5 minutes to avoid splintering. Pat dry and set aside.

WASH and dry the grapes and strawberries then cut the strawberries in half.

REMOVE the top and bottom of the pineapple then remove the skin. Lay the pineapple on its side and cut into circular slices of 1-2cm thickness. Each round can then be cut into eight wedges (Note: retaining the core gives strength to the wedges for stability on the skewer).

THREAD the fruits onto a skewer as desired and repeat the same pattern for a colourful end result.

COVER and refrigerate if not serving immediately.



Everyday Food

Recipe courtesy of Rosemary Cochrane, Beerwah