

SPAR 

BETTER CHOICES kids



FREE RECIPE
TO TAKE HOME



Fruit Kebabs

**WHAT YOU NEED:**

- 4 kebab sticks
- 8 medium strawberries
- 8 large green grapes
- 8 large red grapes
- 2 easy peelers

WHAT TO DO:

1. Remove the stalk from the strawberries and peel the easy peeler, separating each segment.
2. Add fruit onto the stick by going through the middle of each piece. Start with a strawberry, then add a green grape, an easy peeler segment and then a red grape. Repeat the pattern on this stick.
3. Make up the remaining kebabs in the same way. Chill in the fridge for a while and then enjoy!

TIP!

Strawberries are high in Vitamin C which helps you fight off colds and flu!

**ENJOY!**