




OHIO STATE UNIVERSITY EXTENSION

FAMILY AND CONSUMER SCIENCES

Rainbow Fruit Kabobs

- Wooden skewers
- Red fruits (strawberries, apples, raspberries)
- Orange fruits (oranges, cantaloupe)
- Yellow fruits (bananas, pineapple)
- Green fruits (green grapes, kiwi)
- Purple fruits (blueberries, red/purple grapes)



Courtesy: CenterCook.com

Wash all fruit under running water. Cut whole fruit into pieces about the same size. Add fruit one at a time to the skewer, starting with the red fruit, until each color has been added. Serve with yogurt as a dip.

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COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
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