

# Healthy Mixed Fruit Skewers – Kids Recipe



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Happy " 4th of July"

*We recently went for " Pick your own fruit farm". It was really fun to pick fresh fruits directly from the farm. There we got fruits like strawberries, cherries, blackberries, blueberries and raspberries. So I made this creative fruit skewers for a evening snack. This is fun and healthy snack/dessert, easy and quick to make and a nice treat to eyes. You can serve plain or drizzle with some honey or serve*

*it with a bowl of heavy cream.*

## Ingredients

- 3 Whole Strawberries
- 6 Banana Slices
- 6 Blueberries
- 6 Cherries
- 3 Blackberries
- 3 Cantaloupe Pieces
- 3 Wooden Skewers



## Method



- Wash the fruits in a cold running tap water.
- Slice the banana and cut the cantaloupe into triangle shape.
- Slide the fruits onto skewers one at a time and they are ready to go.
- An alternative is to freeze it for 2hrs and serve it with a bowl of heavy cream..



### Tips

- On outdoors you can grill it in the rack of barbeque, after that drizzle it with some honey and toasted nuts.
- You can have some marshmallow in between the fruits on skewers.

### Healthy Benefits of Mixed Fruits

**Blueberry : High in anti-oxidants, reducing belly fat, good for digestion, heart and brain.**

**Strawberry : Boosts immunity, good for eye health, fight cholesterol and cancer.**

**Blackberry : Prevents cancer, good for skin, eye, digestion, diabetes and bones.**

**Banana : High in fiber, lowers the blood pressure, high in potassium, high in nutrient absorption.**

**Cherry : Good for arthritis and heart, prevents cancer, memory booster.**

**Cantaloupe : good source of vit A, beta carotene and vit C. Good for lungs health.**

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