

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.

Mixed Fruit Skewers



Simple Peruvian (Mayocoba) Beans Salad





Simple Peruvian Beans Salad

Peruvian beans are also called Mayocoba beans/ Canary beans, they are ivory yellow beans which is popular in Jalisco as well as much in Southern Mexico. I got this beans in bulk in nearby Mexican Grocery store. As I am vegetarian, I always includes lentils /beans in my diet to get a protein. As far as the protein profile, it is similar to pintos in that essential amino acids missing for a complete nutritional protein are MET/CYS. The missing ones can be obtained by eating grains such as rice or corn. That is why rice and beans is such an healthy combo. Coming to this recipe, it is simple, healthy and absolutely yummy. This salad features Peruvian beans, onion, tomato, tangy lime juice, salt and pepper. They are high in fiber and protein taste great when served with chips, or lunch served with fresh tortillas. This salad is low in fat and loaded with antioxidants.

Peruvian Beans / Mayocoba Beans



Ingredients

To Cook Peruvian Beans

- 1 Cup of Dried Peruvian Beans (Frijoles peruanos)**
- 3.5 Cup of Water**
- 1/2 Tsp of Salt**
- 1 Tbsp of Canola/ Vegetable Oil**
- 1/2 Medium Size White Onion**

To make a salad

- 1/2 Cup of White Onion, Finely Chopped**
- 1 Roma Tomato, Finely Chopped**
- 1 Tbsp of Jalapenos, Chopped**
- Dash of Pepper**

Dash of Salt

1 Tbsp of Lemon Juice

1 Tbsp of Olive Oil or Chipotle Mayonnaise



Method

To Cook Peruvian Beans

- **Check for any stone before cooking. Wash and rinse the dried beans in cold tap water. In a pan, add water, chopped onion, Peruvian beans, oil and salt and wait for rolling boil temperature. Transfer the beans to cooker or crock pot and set in high and cook it for 4 hrs. Peruvian beans is ready.**

To make a salad

- Combine all the ingredients in a large bowl and mix well.
 - Cover and chill it for 15 mins.
 - If you don't get peruvian beans, try the same recipe with chick peas/chenna, rajma etc..
 - Simple Peruvian Beans salad is ready to serve. Enjoy
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Tips

- Serve it with tortilla chips.
- You can also add mashed avocado, after refrigerating.
- Use red onion instead of white onion.

- If you don't get Peruvian beans, try the same recipe with rajma or chenna/chickpeas.
- You can garnish with cilantro or green onion or any tomato salsa.
- Use canned beans, instead of dried beans.
- If you want to use cooker, soak the beans for overnight. Add the beans, oil, salt and enough water. Cook for 3 whistles, then simmer it for 40 mins in low flame. Then turn off the flame. Beans is ready to use.



Health Benefits of Peruvian / Mayocobo Beans

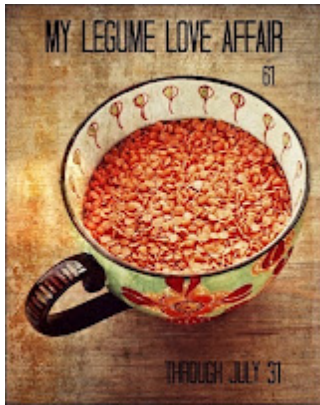
- 1/4 Cup of beans is equal to 8 g of protein.
- High in fiber, iron, calcium and vitamins.
- Lowers cholesterol levels.

Also check my other salad recipes

- [Black beans Salad](#)
- [Vegetarian Taco Salad](#)
- [Potato Salad](#)



sending this recipe to [Archana Kitchen](#), [Event by Archana's Kitchen – Summer Fiesta](#)



“My Legume Love Affair” and contain links to [this announcement post](#), [Lisa’s MLLA information page](#) and to [Susan’s MLLA page](#)

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[How to make Yummy Dates Cocoa Truffles Recipe](#)





Did you like this truffles ? Yesterday I made [dates syrup](#) at home, so I got some leftover date meat which has more fiber and nutrients in it..I don't want to waste that so my husband gave me this idea. Believe me, the taste was too good..They are quick to make, so sweet and tasty and easy to pop in your mouth one after the other! They are naturally delicious as they are – just dates, cocoa and coconut. Simply perfect! They come together in minutes. If you get sugar cravings, this is a best solution. Try this truffles and let me know your feedback.

Ingredients

1/2 Cup of Date Meat or Whole Dates
1/4 Cup of Sweetened Coconut Flakes

1 Tbsp of Cocoa Powder, I used Swiss Mix
1/4 Tsp of Vanilla Essence
Few Cashew Nuts
2 Tbsp of Dates Syrup



Method

- **Combine date meat, cocoa powder, vanilla extract and sweetened coconut flakes in a bowl. Use your hands and roll the mixture into a round balls. Add a tablespoon of milk or water if it does not blend well.**
- **Garnish with cashews and top it up with a spoonful of dates syrup. Yummy !!!**



Tips

- You can use fresh dates or leftover date meat.
- You can add honey or sugar or agave or condensed milk for extra rich and sweet taste.
- Garnish it with cashews or walnuts or almonds.
- Also try my [dates syrup recipe](#)



Health Benefits of Dates

- High in Iron content and Florine
- Rich in vitamins and minerals and dietary fiber which prevents LDL cholesterol absorption from the gut..
- They are great energy boosters as they contains sucrose, fructose and Glucose. To get more advantage, add dates to the milk, to make it more nutritious.
- Cures abdominal cancer and constipation.
- It helps in weight gain.
- Good for heart, brain and nervous system.
- Treats anemia.

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Date Cocoa Truffles