

# FRUIT SKEWERS WITH NATURAL YOGHURT



Serves



Cost per serve



Total prep & cooking time



## WHY WE LOVE THIS RECIPE

You don't need to use sweetened yoghurt, the fruit makes it sweet!



## FOOD WASTE TIP

Select ripe seasonal fruits to make a delicious and healthy dish.

## INGREDIENTS

You can use any fruit you like and which is in season, such as:

- 1 apple
- 2 medium bananas
- 1 orange
- ½ cup low-fat Greek yoghurt (to serve)
- 10 small wooden skewers

## EQUIPMENT

- Large bowls
- Chopping boards
- Knives
- Measuring cups

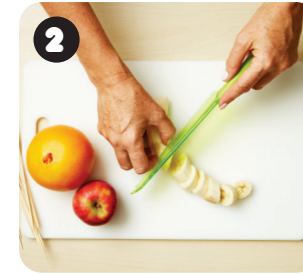
## SKILLS

- Dicing
- Slicing

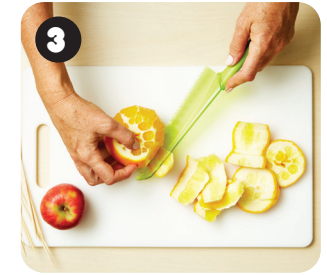
## STEPS



Wash the fruit.



Slice fruit into thick slices.



If using an orange, make sure you peel off the skin before cutting into pieces.



If using an apple cut into quarters and remove the core.



Push fruit pieces onto skewers.



Serve with yoghurt and enjoy.



**FEAST**<sup>TM</sup>  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING