

# FRUIT KEBABS

a

Cooking for Kids with Luis

recipe

Because my cousins live in the tropics, I made them a tropical picnic including fruit kebabs. This is a really yummy treat.

## INGREDIENTS:

Assorted fruits

(Banana, Apple, Orange,  
Cantaloupe, Grapes, Pineapple,  
Watermelon, Kiwi, etc.)

Lime juice

Wooden Skewers

Ice trays

Papaya

Macadamia Nuts

## RECIPE:

**Wash your hands. Put your apron on. Let's cook!**

### 1. Fruit

Get an adult to cut the fruit into cubes. Squeeze fresh lime juice over the cut banana and apple so they don't get brown. It also makes them taste great.

### 2. Kebabs

Put a slice of banana on one end of a wooden skewer. Then, simply slide the different fruits in any combination onto the skewer until the kebab is full. Use a banana at either end to hold everything in place. Make as many kebabs as you think you can eat!

### 3. Fruit cubes

Now it's time to make fruit cubes. Fill one ice tray with apple juice and one with water. Not too full! Now for the fun part: put a piece of fruit in each square, like a grape or cantaloupe. Put the trays in the freezer until the cubes freeze. Then put them in your drinks. It's simple and yummy!

### 4. Dessert

Now here's how you make a great tropical dessert. Have Mom or Dad cut a papaya in half. Remove the seeds, and add the macadamia nuts to the hole in the center. Squeeze a healthy dose of lime juice over the top.

**You don't have to live in the tropics to enjoy this picnic, which you can share with family or friends. This is living!**



©2005 Noggin LLC. All Rights Reserved. Noggin, Cooking with Luis and all related titles, logos and characters are trademarks of Viacom International Inc.



**NOGGIN.COM**  
It's like preschool on TV.  
**PRINTABLE #**