



**FLIPANY**  
The Ingredient to a Healthy Life

## Grinch Fruit Kabobs

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Prep Time: 5 minutes

Yields: 8 Servings

## INGREDIENTS

- 8 Green seedless grapes
- ½ Banana, cut into 8 slices
- 8 Small strawberries, tops removed
- 8 Mini marshmallows
- 8 Kabob skewers

## CHEF'S CORNER

- Adding lemon or lime juice to your fruits will prevent them from browning.

## DIRECTIONS

1. First, wash the grapes and strawberries.
2. On each kabob skewer, assemble your kabob as follows: one mini marshmallow, one strawberry, one banana slice, and one green grape.
3. Enjoy!

## HEALTHY TIP!

- Strawberries are a good source of vitamin C that will help you to have a healthy immune system so you do not get sick.

FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.

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