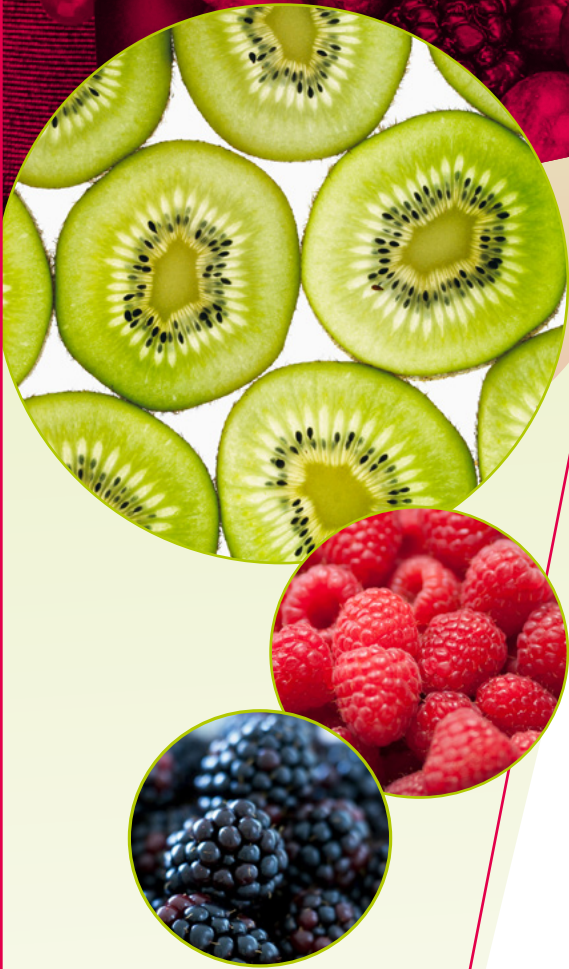


Rainbow Fruit Skewers



Provide your kids with a selection of fruits that represent the colors of the rainbow and let them create an artistic masterpiece on their plates before eating it up!

Red – strawberry or raspberry

Orange – orange, apricot, mango, or peach

Yellow – pineapple or yellow watermelon

Green – kiwi or green grapes

Blue – blueberries

Indigo – purple grapes

Violet – blackberries

Metal or wood skewers

Directions:

Cut up the fruit, place in skewers in the order of the rainbow (remember using the acronym ROY G. BIV) and enjoy!

Bon appétit!

