Minted Fruit Kebabs

Source: Power Foods for the Brain by Neal Barnard, MD

Fresh fruit makes a striking appearance in these antioxidant-rich kebabs. Enjoy them for a refreshing, light dessert!

About the Recipe

35 Calories · 0.6 g Protein · 1 g Fiber
Dessert

Ingredients

Makes 4 Servings

- 8 red or green grapes
- 4 large strawberries
- 1/2 cantaloupe, cut into 1-inch (2.5-cm) chunks
- 1/2 honeydew, cut into 1-inch (2.5-cm) chunks
- 1 kiwi, peeled and sliced into 1/2-inch (1.3-cm) slices
- 1/4 watermelon, cut into 1-inch (2.5-cm) chunks
- 1/4 c (60 mL) orange juice
- 2 tsp (10 mL) fresh lime juice
- 2 tbsp (30 mL) finely chopped fresh mint leaves
- 1 tsp (5 mL) pure vanilla extract
- 4 10-inch (25-cm) bamboo skewers

Directions

1. Thread at least 1 grape, 1 strawberry, 1 cantaloupe chunk, 1 honeydew chunk, 1 slice kiwi, 1 watermelon chunk, and 1 more grape onto a skewer.
2. Repeat with the remaining fruit and skewers. Place the finished skewers in a shallow container.

3. In a small bowl, whisk together the orange juice, lime juice, mint, and vanilla.
4. Pour the marinade over the fruit kebabs, cover, and chill for at least 30 minutes (or up to 3 hours) in the refrigerator before serving.
5. Reserve extra melons for snacks or another future use.

Nutrition Facts

Per serving (1 kebab):

Calories: 55 kcal
Fat: <0.5 g
    Saturated Fat: 0 g
    Calories From Fat: 4%
Cholesterol: 0 mg
Protein: 1 g
Carbohydrates: 11 g
Sugar: 10 g
Fiber: 1.5 g
Sodium: 7 mg
Calcium: 22 mg
Iron: 0.7 mg
Vitamin C: 43 mg
Beta-Carotene: 427 mcg
Vitamin E: 0.5 mg