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

- red or green grapes (8)
- large strawberries (4)
- 1-inch-square cantaloupe chunks (4)
- 1-inch-square honeydew chunks (4)
- 1/2-inch-thick slices peeled kiwi (4)
- 1-inch-square watermelon chunks (4)
- orange juice (1/4 cup)
- fresh lime juice (2 teaspoons)
- finely chopped fresh mint leaves (2 tablespoons)
- pure vanilla extract (1 teaspoon)
- 10-inch bamboo skewers (4)

Directions

1. Thread 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.

**Nutrition Facts**

*Per serving (1 kebab)*

- **Calories:** 35  
- **Protein:** 0.6 g  
- **Carbohydrate:** 8 g  
- **Sugar:** 7 g  
- **Total fat:** 0.2 g  
- **Calories from fat:** 5%  
- **Fiber:** 1 g  
- **Sodium:** 5 mg