



The Loma Linda University School of Allied Health Professions Nutrition & Dietetics Department

This recipe is written to feed a large group and provided by request.

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Frozen Fruit Kabobs

Portions: 120 kabobs

Ingredients:

Amount	Item
24	Banana, cut into ½ inch slices
4	Cantaloupe, cubed
6 cups	Red grapes
3	Pineapple, cubed
75	Strawberries (45 halved, 30 whole)

Method:

1. Prepare fruits.
2. Thread fruit onto skewers, alternating fruit.
3. Line kabobs on parchment paper.
4. Freeze kabobs in a single layer on the parchment paper for at least 2 hours before serving.
5. When ready to serve, let kabobs thaw for a couple of minutes but consume within 10 minutes because they melt/become soggy very quickly.