SAND Sports Nutrition Workshop: Field Hockey

Fruit Kabobs

**Team 3** - Fruit Kabobs

**Ingredients** - 1 skewer

4 grapes

2 pineapple slices

3 strawberry slices

2 banana slices

**Directions**:

* Slice strawberries into quarters.
* Slice bananas.
* Place a grape on the end of the skewer followed by slices of pineapple, strawberries, bananas and finish with a grape.