Rainbow Fruit Skewers

These fruit skewers are a fun, fresh, and healthy - paired with a yogurt dip, they make the perfect snack! Involve your kiddos in this recipe by having them thread the fruit onto the skewers.

Ingredients
- Assorted fruit - try to find fruits in many different colors
- Skewers
- Vanilla Yogurt (for dipping)

Directions
- Wash all fruit
- Have an adult cut the fruit into bite-sized pieces
- Thread the fruit onto the skewers using starting with red fruits and ending with purple (challenge your kids to follow ROY G BIV)
- Serve with yogurt for dipping

We'd love to see the rainbow creations you make! Share them with us on social media @biggreen

Adapted with permission by our friends at Gordon Food Service