

Fruity Kebab (7-8 servings)

Ingredients:

Kiwi	x 2
Pineapple	x 1/2
Banana	x 1
Strawberry	x 10
Mango	x 2
Melon	x 1/2

Yoghurt Sauce:

Low fat plain yoghurt	250 ml
Ready-to-eat oatmeal	2 teaspoons
Fresh Lemon Juice	1/4 teaspoons

Methods:

1. Wash and clean all fruits, deseed and cut them into small cubes or pieces
2. Randomly place the fruits cubes in a bamboo stick to make a kebab
3. Mix plain yogurt, oatmeal and lemon juice into a sauce
1. Pour the yogurt sauce onto the fruity kebabs

Suggestions:

Can use 1 teaspoon 100% coco powder to replace the lemon juice for a different flavor

Dietitian's Tips:

- Fruity kebab is a colourful and healthy snack choice for parties
- Fresh fruits are rich in vitamins A, C and minerals that help to boost the body's immune system and promote metabolism
- Oatmeal is rich in soluble fibre which helps to reduce cholesterol level and prevent constipation
- Yogurt is rich in calcium which helps to promote bone health and reduce the risk of osteoporosis.

Other Tips:

Fruity Kebab is an excellent party food choice. However, we should be careful not to play with the bamboo stick after eating to avoid any danger.

Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
105.2	3.16	20.2	0.52	2.79	87.1

*the above data is general information for reference.