



# *Red, White and Blue Fruit Skewers*

## **Ingredients**

- 4 large bananas, cut into 1-inch pieces
- 2 cups strawberries, halved
- 1/2 cup blueberries
- 1/2 lemon, juiced
- 8 wooden skewers

## **Instructions**

1. On 3 of the skewers, starting with strawberries, alternate bananas and strawberries until about 2 inches of the skewer remain. Then slide blueberries on the remaining 2 inches of exposed skewer.
2. For the remaining 5 skewers, alternate only strawberries and bananas to represent the American flag.
3. Drizzle lemon juice over skewers to prevent browning, cover with plastic wrap and refrigerate until ready to serve.

## **Nutrition Facts**

Per 1 fruit skewer: 80 calories, 0.5 g fat, 20 g carbs, 3 g fiber, and 1 g protein