

Fruit Kabobs with Tropical Fruit Coulis

Express yourself with a bit of the tropics. Create fresh fruit kabobs yourself or gather guests for fun kabob-making.

- 6 cups bite-size pieces assorted fresh fruit (pineapple, watermelon and cantaloupe)
- 1 cup green grapes
- 1 cup blueberries or red grapes
- 3 small star fruit, cut into 24 slices
- 2 large mangoes, peeled, seeds removed and cut into large pieces
- 1/4 cup pineapple preserves

- 1.** Thread 4 to 6 pieces of fruits (except mangoes) on each of twenty-four 6-inch skewers. Place skewers on large serving platter; set aside.
- 2.** In food processor, place mango pieces and pineapple preserves. Cover and process until smooth; pour into small serving bowl. Serve kabobs with mango coulis.

Per serving: Calories 50 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 0mg; Total Carbohydrate 12g (Dietary Fiber 1g; Sugars 9g); Protein 0g

% Daily Value: Vitamin A 15%; Vitamin C 15%; Calcium 0%; Iron 0%

Exchanges: 1 Fruit

Carbohydrate Choices: 1

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