

Week 2: LET'S COOK

Summer fruit kebabs

Serves 6

Ingredients

- 200g cherries
- 2 ripe peaches or nectarines
- 200g strawberries
- 3 bananas
- ½ a ripe cantaloupe or honeydew melon

for dipping

- 250g natural yoghurt
- 2 tablespoons runny honey

Equipment list

- Weighing scales
- Chopping board
- Knife
- Large mixing bowl
- Teaspoon
- 6 long or 12 short skewers
- Measuring spoons
- Small bowl



Here's how to make it



- 1** Pull the stalks off the cherries.
- 2** On a chopping board, carefully cut all the way around the cherries in a circle, then twist until you can pull the cherry halves apart.
- 3** Pick out and discard the stones, then add the cherries to a large mixing bowl.
- 4** Halve and remove the peach or nectarine stones in the same way as above, using a teaspoon to help scoop out the stones, if needed, then cut into bite-sized pieces and add to the bowl.
- 5** Pick off and discard the top leafy bits off the strawberries, then cut the bigger ones in half and add to the bowl.
- 6** Peel the bananas, slice them into 1cm rounds, then add to the bowl.
- 7** Deseed the melon half, cut into 4 wedges, using a spoon to scoop away the flesh, chop into bite-sized chunks, then add to a bowl.
- 8** Divide and thread the fruit onto the skewers, alternating to make a nice pattern.
- 9** Mix the yoghurt together in a small bowl with the runny honey.
- 10** To serve, either spoon into individual bowls, or place in a bowl in the middle of the table and let everyone dip away.



Don't forget to share your
cooking pictures with us!
ENJOY!!