



INGREDIENTS:

- Strawberries
- Pineapple chunks
- Green grapes
- Raspberries
- Additional fruits (optional)

Frozen Fruit Skewers

HOW TO MAKE:

1. Help your kiddo prepare the fruit by washing and drying each of them.
2. Cut the stems off your strawberries and then cut them in half.
3. Using bamboo skewers, start building your fruit skewers by alternating different-colored fruits for a fun variety.
4. Once your skewers are built, place them on a baking sheet and freeze them for at least 6 hours before enjoying!

This easy, healthy treat is perfect for beating the heat and practicing important skills like fine motor skills and sorting!