

# 4th of July

## FRUIT KABOBS

Are you looking for a healthy holiday snack for your family? Well, look no further than our 4th of July Fruit Kabobs. They are an easy and nutritious snack for the whole family, and everyone can help make them.

### Materials Needed:

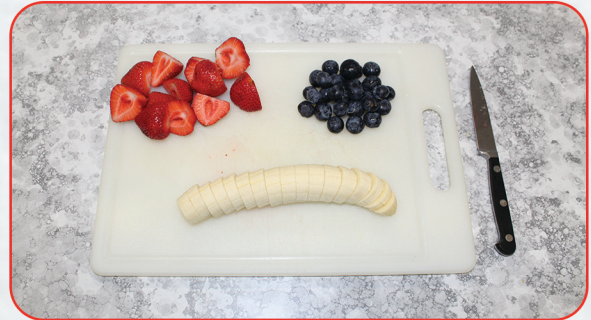
- ☐ Blueberries
- ☐ Strawberries
- ☐ Bananas
- ☐ Wooden skewers



### Directions:



1. Wash and dry the berries.



2. Cut strawberries into pieces and slice the bananas.



3. Thread fruit onto skewers in a red, white, and blue pattern. If your children are assisting you, this is a perfect opportunity to talk about math. You can talk about creating a pattern. Or, you can count the number of berries you add to the kabob.



4. Cover and store in the refrigerator until ready to eat! The fruit kabobs can be made a day in advance if needed.

Enjoy your delicious treat!