

Let's Cook for our heroes

Frozen fruit Kebabs



100g strawberries
8 seedless grapes
100g/4oz mango chunks
100g/4oz melon chunks
2 kiwi fruit
peeled and cut into chunks
100g/4oz pineapple
chunks

For the drizzle

juice 2 limes
4 passion fruits, halved and seeds scraped out
1 tsp icing sugar

Method

Mix the drizzle ingredients in a small bowl, stirring until the sugar has dissolved. If you want the sauce to be smooth, pass it through a sieve to remove the seeds, or leave them in if you prefer.

Skewer the fruits onto wooden skewers and drizzle the sauce on top, reserving a little for dipping.

Pop the skewers in the freezer for 45 mins, until just starting to freeze. Serve with the leftover drizzle.

Ask an adult to help remove the skin from the melon and mango

