

Fun Fruit Skewers



Dallas Park & Recreation

Skewer Ingredients

- 1 cantaloupe, peeled, halved and seeded
- 1 honeydew melon, peeled, halved and seeded
- 8 strawberries, hulled
- 6 chewy granola bars



Directions

1. Slice the cantaloupe and melon into 1/2-inch-thick slices. Cut the granola bars crosswise into equal squares.
2. Assemble by skewering the ingredients through the ice-pop sticks, alternating between melon flowers, strawberries and granola bars, in any combination.

Source modified from: <https://www.forkandbeans.com/2017/07/14/smoothie-bowls-kids-will-love/>

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