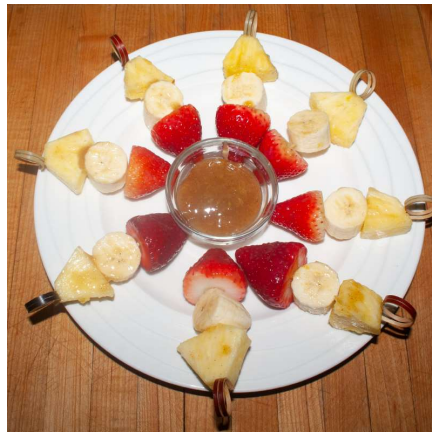


# Mini Fruit Skewers



## Servings: 8

*1/3 cup orange juice  
1 1/2 teaspoons lemon zest  
2 tablespoons lemon juice  
4 1/2 teaspoons honey  
2 teaspoons cornstarch  
1/4 teaspoon ground allspice  
8 pineapple chunks  
1 banana, cut into 8-pieces  
8 strawberries*

In a small sauce pan combine orange juice, lemon zest, lemon juice, honey, cornstarch, and allspice.

Bring the sauce pan to a boil and cook the sauce for 2 minutes or until thickened.

Remove the sauce from the heat and cool to room temperature.

Thread pineapple, banana, and strawberries on to 8 small skewers.

Brush the fruit lightly with the sauce.

Serve with extra sauce for dipping.

Enjoy!

---

Per Serving (excluding unknown items): 121 Calories; trace Fat (2.2% calories from fat); 1g Protein; 31g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2mg Sodium; 23g Total Sugars; 0mcg Vitamin D; 27mg Calcium; 1mg Iron; 282mg Potassium; 22mg Phosphorus. Exchanges: .