

Grilled Fruit Medley

6 ingredients · 10 minutes · 4 servings



Directions

1. Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
2. Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
3. Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas

Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill

Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With

Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad

Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage

This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.

Ingredients

- 2 cups Pineapple (diced and cored)
- 1 cup Strawberries (halved and stems removed)
- 1 Nectarine (sliced and pit removed)
- 12 Barbecue Skewers
- 1 cup Blueberries
- 1/4 Lime (juiced)

Nutrition

Amount per serving

Calories	90	Vitamin C	67mg
Fat	0g	Calcium	21mg
Saturated	0g	Iron	1mg
Carbs	23g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.1mg
Sugar	16g	Folate	28µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	20mg
Sodium	2mg	Zinc	0mg
Potassium	248mg	Selenium	0µg
Vitamin A	191IU		