



Red, White & Blue(berry) Fruit Sparklers

a recipe from Georgia School Nutrition Program

MAKES: 5 skewers

PREP TIME: 10 min

CATEGORY: Snack/Dessert

Ingredients:

- 1 Cup Blueberries, fresh Georgia Grown
 - 2 Watermelon, fresh Georgia Grown
- OPTIONAL: ½ Cup low-fat vanilla yogurt

TOOLS NEEDED:

- 5 skewers
- Star-shaped cookie cutter or knife

Steps:

1. Place blueberries on each skewer leaving about 1 inch on each side with no berries
2. Slice watermelon
3. Use a star-shaped cookie cutter or knife to cut a star shape from watermelon slices
4. Place one watermelon star on each skewer
5. Consider dipping fruit sparklers in low-fat vanilla yogurt