

## **Sticky Fruit Sticks – 1 individual serving**

These are quick and easy. They can be eaten warm or cold. They can be eaten immediately or put into your lunch box.

2 or 3 Apple chunks, peeled  
2 or 3 Pineapple chunks, canned is fine  
2 or 3 Banana chunks, firm, not too ripe  
2 or 3 Seedless Grapes, red or green  
1 tablespoon Honey  
½ tablespoon Butter

Wooden skewers, the skinny kind with a pointy end, one for each person or serving.

Turn on the broiler. (Ask an adult to help if you need it.) Thread the fruit chunks onto the skewers. Make one stick for each person. If you don't fill the whole stick, break off the ends so that they don't burn in the broiler.

Melt the honey and butter together in a small bowl in the microwave. It only takes about 20 seconds. Lay the fruit sticks on a piece of foil and brush them all over with the honey and butter. If you don't have a brush, just use a teaspoon to pour it over.

Put the foil onto the broiler pan and heat under the broiler until bubbly and very light brown, about 4-5 minutes. Turn the sticks over about halfway through. Be sure to wear oven mitts!

These are good hot or cold. If you eat them immediately, slide the fruit off the stick into a bowl because they will be HOT. If you want to take one for your lunch, you can leave the fruit on the stick, let it cool off, then wrap in a piece of foil and put in your lunch box. Eat the same day you make it...the fruit will get too soft if you keep it overnight.

Experiment with different fruits that you like. Apples, pears and pineapple are best for eating later because they stay crunchy longer. Bananas, strawberries and grapes get too soft if not eaten right away.

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