

## **Grilled Fruit Kabobs**

Courtesy Ruben Caro

Ingredients: Any type of fruit you like. We used:  
Pineapple - .12 phe/gm or 6 phe per 50 gm piece  
Apple - .05 phe/gm or 1 phe per 20 gm piece  
Kiwi - .28 phe/gm or 6 phe per 23 gm piece  
Peaches -.22 phe/gm or 5 phe per 22 gm piece  
Pears - .21 phe/gm or 10 phe per 48 gm piece  
Olive oil and crushed garlic as marinade

Assemble kabob, brush with olive oil/garlic marinade  
Grill 10 minutes and serve (goes well with sorbet, sherbet or lo pro ice cream)

PHE – Assume a kabob with 1 piece of each type of fruit = 28 phe per kabob