

Chili Lime Fruit Sticks

Portion Size: 1 each

Yield: 1 serving

Ingredients:

Ingredient amounts are provided for each skewer.

Watermelon	1 ½ oz
Pineapple	1 ½ oz
Cantaloupe	1 ½ oz
Jicama	1 oz
Strawberries	2 each
Chili Powder	½ tsp
Lime, Wedge	1 ea

Preparation:

1. Peel and cut all fruit (except strawberries) and jicama into sticks.
2. Toss with chili powder and garnish with lime wedge.
3. Increase the amounts and serve on a platter for large groups. Enjoy cold.

RD TIP: Cutting fruit and vegetables into unique shapes makes eating more fun for kids.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
70	1	18	4	12	0	0	45



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