



Veggie Kebabs

**A colourful rainbow vegetable snack that's a great way
to eat a rainbow!**

Ingredients: (6)

All washed and pre chopped, where necessary

- Mozzarella pearls/dairy free hard cheese (cubed)
- 12 cherry tomatoes
- ½ cucumber
- 12 olives/black grapes
- Fresh basil leaves
- 6 skewers

Method

1. Select a skewer, mozzarella and vegetables.
2. Create a pattern on a plate.
3. Thread your pattern onto your skewer.

Nutritional Benefits

Tomatoes are actually a fruit. They are rich in a plant chemical called lycopene which has been known to protect the eyes, skin and help fight germs.

