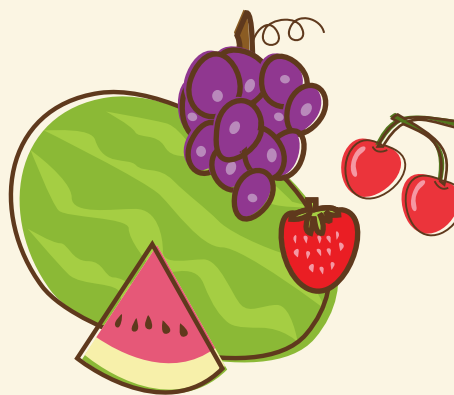


# Lift-Off!'s Fruit Snacks

A variety of fruit balls, squares, and chunks, such as grapes, cherries, cantaloupe, watermelon, other melon, pineapple, orange sections, bananas, apples, pears, and strawberries may be used for this recipe. For purposes of a nutritional analysis, this recipe will use the following ingredients:

## Ingredients:

20 mini pretzel sticks  
1 cup strawberries  
1 cup melon  
1 cup pineapple  
1 cup grapes  
chocolate syrup (about  $\frac{1}{4}$  cup)



## Instructions:

The fruit should be cut into pieces large enough to be threaded onto pretzel sticks. Skewer three to four pieces of fruit onto each pretzel stick. Continue to thread fruit onto pretzels until all fruit and pretzels are used. Drizzle small amount of chocolate syrup over pretzel sticks.

## Serves 4 people:

Nutrition Information for 5 Fruit Sticks:  
110 calories, 1.5 g fat, 0 g saturated fat,  
240 mg sodium, 2 g fiber.

## Special Parents' Tip:

The sodium can be reduced if you use low-sodium or salt-free pretzels.

