Grilled Fruit Kebabs

INGREDIENTS
- 12 skewers (if using wooden skewers, soak at least 2 hours before grilling)
- 4 cups assorted cubed fruit (recommended fruits for grilling include pineapple, peaches, plums, apricots and watermelon)
- 1 tablespoon canola oil
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

DIRECTIONS
1. Preheat a grill or grill pan to medium-hot.
2. Thread fruit cubes evenly onto skewers, alternating fruit varieties.
3. In a small bowl, mix together honey, vanilla extract and ground cinnamon.
4. Lightly brush the kebabs with oil and place on the grill. Cook for 3 to 5 minutes per side, basting with the honey mixture until you see grill marks. Remove from grill and brush with any remaining honey. Serve warm.

Serving size: 2 kebabs | Servings: 6

Nutrition Information: Calories: 89; Total fat: 2g; Saturated fat: 0g; Cholesterol: 0mg; Sodium: 1mg; Carbohydrates: 18g; Fiber: 1g; Sugars: 15g; Protein: 1g; Potassium: 142mg; Phosphorus: 13mg