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by Liz Robb

Fruit kebabs with warm chocolate sauce



Ingredients

For the kebabs:

4 wooden skewers

4 large strawberries

A quarter of a honeydew melon

2 kiwi fruit

A thick slice from a pineapple

1 mango

8 red grapes

For the chocolate sauce:

100ml low fat milk

120g dark chocolate

A few drops of vanilla extract

2 tablespoons of low fat crème fraiche

Preparation

- 1 1. Chop the strawberries into halves. Peel and chop the melon to make 8 chunks of equal size. Peel the kiwi fruit and cut each one into quarters. Peel the pineapple and chop the ring into 8 segments, cutting off any hard core from the centre. Peel, halve and stone the mango, then cut each half into 4 pieces. Wash the grapes.
- 2 [This is my choice of fruits
- 3 you can use plums, pitted cherries, orange segments or any other fruits that you have.]
- 4 2. Thread 2 of each fruit onto each skewer, varying the colours and ending with the grapes, using a grape to cover the sharp point. It looks more appealing on the dish if you thread the fruits onto each skewer in the same order.
- 5 3. Now make the sauce. First grate the chocolate finely. Then warm the milk gently in a small saucepan. Add the grated chocolate and stir until it melts into the milk. Add a few drops of vanilla extract and stir in the crème fraiche, then tip the sauce into 4 very small bowls, or a single bowl if you want to share, and serve immediately.

Cooks Note

This chocolate sauce uses low fat dairy products, and just a little goes quite a long way, so it's not too unhealthy.