

## Fruit and Cheese Kababs

These are a great snack for kids and adults. Fruit and cheese are a tasty combination of carbohydrates and protein and will leave you feeling satisfied.

- 10 min. prep time
- 4 servings
- 1 kabab

### Step-By-Step Instructions:

1. To make skewers, alternate strawberries, grapes, kiwi slices, and cheese on one skewer (4 strawberry halves, 4 grapes, 2-3 kiwi slices and 3 pieces cheese per skewer).
2. Repeat the process for the remaining 3 skewers.

## Dark Chocolate Cashew Clusters

These 3-ingredient sweet treats are a breeze to make and, because dark chocolate clusters take just 15 minutes to prepare, they can be made on short notice to feed a crowd. While cashews contribute a sweet and mild flavor, don't hesitate to swap them out for an alternative like almonds or peanuts, or try adding dried cranberries or cherries for a delightfully tangy twist.

- Active Time: 15 mins
- Total Time: 45 mins
- Servings: 24
- Nutrition Profile: Sesame-Free  
Diabetes-Friendly Soy-Free Heart-  
Healthy Vegetarian Egg-Free Gluten-  
Free

### Ingredients

- 1 cup unsalted roasted cashews
- 6 ounces dark chocolate (60-70%),  
chopped
- Pinch of flaky sea salt

### Directions

- Line a 24-cup mini muffin tin with liners. Divide cashews among the prepared cups (about 4 cashews each).
- Place chocolate in a medium microwave-safe bowl; microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stopping to stir after each interval.
- Spoon about 1 teaspoon chocolate over each portion of cashews. Sprinkle evenly with salt. Refrigerate until set, about 30 minutes.

### To make ahead

- Refrigerate in an airtight container for up to 2 weeks.
- Equipment
- 24-cup mini muffin tin with liners

Nutrition Facts: Serving Size 1 cluster, Calories 75, Total Fat 6g Saturated Fat 2g Cholesterol 0mg Sodium 8mg Total Carbohydrate 5g Dietary Fiber 1g Total Sugars 2g Protein 1g Vitamin C 0mg Calcium 8mg Iron 1mg Potassium 83mg