

Access French Recipe

## **INGREDIENTS**

- 2 **Apples\*** (114-090), washed and sliced into thin rounds, and small rectangular pieces
- 6 **Nectarines\*** (114-116), halved and cut into slices
- 3 **Kiwis\*** (114-114), washed, peeled and cut into slices
- 1 bunch **Green Grapes\*** (114-111), washed and sliced lenghtwise
- 1 pint **Raspberries\*** (114-127), washed and pat dry

## **Pretzel Sticks**

Servings: 12

Prep Time: 20 minutes
Cook Time: 0 minutes

## **INSTRUCTIONS**

- 1. Arrange one apple slice in the center of the plate for the body of the owl.
- Arrange nectarine slices around the top half of the apple slice for the owl's wings.
- 3. Add a grape slice to the top of the plate for the top of the owl's head.
- 4. Place 2 kiwi slices for the owl's eyes. They should overlap the top of the apple, nectarine and grape slices.
- 5. Place 1 raspberry between the 2 kiwi slices and on top of the apple slice for the beak.
- Add rectangular apple pieces to the bottom of the apple slice for the owl's feet; 3 on each side.
- 7. Place a pretzel stick below the owl's feet.

Note: Due to availability, fruits can be substituted for ones that are currently in season.

Canada's Food Guide

For guidelines and nutrition information, visit food-guide.canada.ca/en/

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