Rainbow Fruit Skewers
with Sugar-free Vegan Caramel Sauce

By Katie Mae, PlantzSt.com

Makes a dozen skewers + 1 cup sauce | Ready in 30 minutes | Stores 3 days in the fridge

CARAMEL INGREDIENTS
6–7 Medjool dates, pitted and soaked for up to 8 hours
½–1 cup hot water*
1/3 cup unsweetened peanut butter

SKEWER INGREDIENTS
12 strawberries, raspberries, OR pieces of watermelon
12 pieces of cantaloupe OR orange segments
12 pieces of pineapple
12 pieces of kiwi OR honeydew melon
36 blueberries

ACTION STEPS

1. In a blender or small food processor fitted with the "S" blade, add the dates, ½ cup soak water, and peanut butter. Blend until smooth. Depending on your nut butter consistency, you may want to add ¼ to ½ cup more water to get your desired consistency. Transfer the sauce to a small bowl and set aside.

2. If using wooden or bamboo skewers, remove any splinters they might have by rolling a few together in your hands, or you can rub them over each other as if sharpening a knife.

3. Cut the fruit that is not already in bite-size pieces into ½ to 1-inch chunks.

4. First, add the strawberry, raspberry, or watermelon to the skewer.

5. Then, the orange or cantaloupe.

6. Then, the pineapple.

7. Then, the kiwifruit or honeydew melon.

8. Finish the skewer with 3 blueberries on the pointed end—push them far enough up, so they don't slip off.

9. Serve the Rainbow Fruit Skewers with Caramel Sauce on the side. Enjoy!

Recipe and photos online here >> https://plantzst.com/rainbow-fruit-skewers-vegan-caramel-sauce

CHEF'S NOTES

If you're not soaking the dates ahead of time, or only for short time, then it's very helpful to use hot water to help soften the dates.

If you don't want to use peanut butter, you can use almond butter, but the taste and consistency won't be quite as much like caramel.

Although the fruit will be good in an air-tight container in the fridge for a few days, it's best to make the skewers just before serving. The fruit loses its freshness and doesn't look as pretty after it's been cut and sitting for a while.

However, you can make the caramel dip the day before without losing any flavor.