

George Foreman

Great Tasting Healthier Food In Minutes

Vanilla bean fruity kebabs with a quick creamy dip



ideal for vegetarians



quick & easy snacks



serves 4 people



6 MINS cooking time



great for kids

"simply irresistible!"

You will need:

Small piece fresh pineapple
1 small orange
1 banana
1 peach or nectarine
1 tsp brown sugar
4 tbsp orange juice
1 tsp vanilla extract
8x 10 inch wooden skewers.

Quick creamy dip:

2 small tubs fruit fromage frais
1 tsp vanilla extract

To make:

In the bowl of a food processor, combine the rice, corn, green pepper, onion, black pepper, juice & chilli powder. Shape the vegetable-rice mixture into 4 patties and refrigerate for 2 hours.

Place the patties on a pre heated grill for 6-7 minutes or until well browned. Place the patties in the hamburger buns & top with your choice of accompaniments.