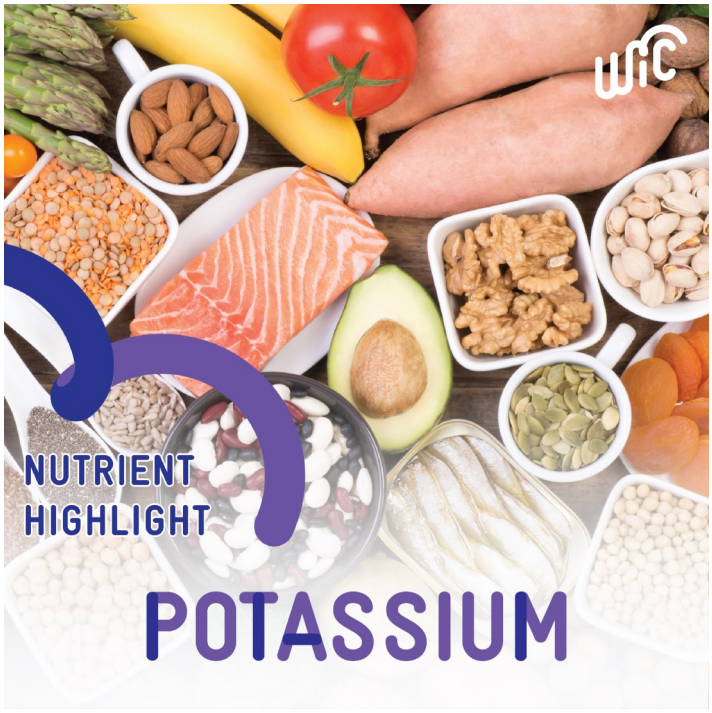
# Micronutrient of the Month




## Fruit Kabobs

**Ingredients:**

**-1 1/2 cups ripe banana slices (about 16 slices)**

**-1 1/2 cups watermelon cubes (about 16 cubes)**

**-1 cup clementine sections (about 16 sections)**

**Directions:**

1. **Thread the fruit on the skewers, alternating and arranging pieces however you like.**
2. **Serve right away!**

**Potassium is a vital mineral and electrolyte that your body needs to maintain normal blood pressure, transport nutrients into your cells, and support healthy nerve and muscle function!**

**A variety of WIC-eligible foods are high in potassium including—but not limited to—avocados, sweet potatoes, tinned or fresh fish, spinach, bananas, and watermelon!**

**Did you know kiwis are an excellent source of potassium also? According to the USDA, 3.5 ounces of gold kiwifruit contains 316 milligrams of potassium. That's almost the same as a banana!**

IDAHO

**Recipe adapted from MyPlate**