

Fruit Kabobs with Yogurt Dip

Number of servings: 8
 Preparation time: 5 minutes
 Total time: 5 minutes

Ingredients:

1 cup pineapple, cut into chunks
 1 cup seedless grapes
 1 cup strawberries, hulled
 1 cup watermelon, seeded and cut into chunks
 2 kiwis, peeled and chopped
 6 ounces low-fat vanilla yogurt

Equipment Needed:

Knife
 Cutting board
 Vegetable peeler
 Small bowl
 Medium bowl
 Can Opener
 Skewers
 Plate

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Nutrition Facts

Serving Size 1 serving (115.51g)
 Servings Per Container 8

Amount Per Serving

Calories 60 **Calories from Fat** 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

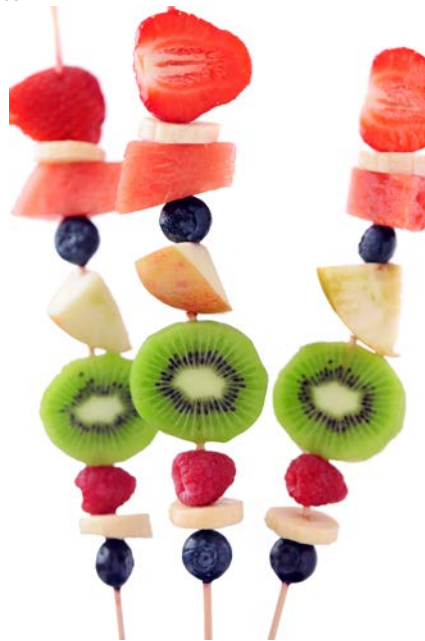
Sugars 12g

Protein 2g

Vitamin A 4% • Vitamin C 70%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



Directions

- Add fruit chunks to the medium bowl.
- Arrange fruit chunks on the skewers.
- Place yogurt in the small bowl.
- Place fruit kabobs on plate.
- Serve kabobs alongside yogurt as dip.

DID YOU KNOW?

You can easily change this recipe by using different fruits. Try blueberries, mango, honeydew melon or oranges.

Always wash all fruits before cutting!

Did you know?

Most fruit peels are edible. Eating the peel provides you with more fiber and nutrients.

(Recipe from Food and Health Communications Inc., as listed at <https://www.whatscooking.fns.usda.gov>.)

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