



Fruit Kabobs with Yogurt Dip

Makes: 8 servings

Fruit kabobs make a colorful and fun snack that kids can help prepare.

Ingredients

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut in quarters)
- bamboo skewers (6 inches long)
- 1 cup yogurt, light strawberry

Directions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Source: Food and Health Communications, Inc., Cooking Demo II

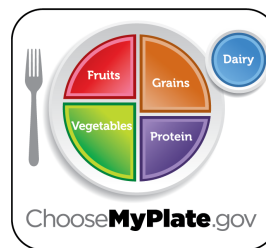
Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Total Calories	61
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	18 mg
Carbohydrates	14 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	56 mg
Iron	0 mg
Potassium	230 mg

N/A - data is not available

MyPlate Food Groups



MyPlate Food Group:

■ Fruits 3/4 cups