

Fruit Kabobs with Yogurt Dip

Ingredients:

- 1 cup watermelon, cut into chunks
- 8 ounces pineapple chunks in juice, canned
- 1 cup grapes, red seedless
- 1 cup strawberries, capped
- 2 kiwi fruit, peeled and diced
- 6 ounces nonfat strawberry yogurt

Equipment:

Knife Cutting board Potato Peeler Small bowl Medium bowl Can opener Bamboo skewers Plate

Number of Servings: 8 Preparation Time: 5 minutes Total time: 5 minutes

Directions

- 1. Cut end off of watermelon, and cut off a slice. Cut red center into chunks and remove seeds. Add to bowl. Save rest for other uses.
- 2. Wash kiwi, and use a potato peeler to cut off outer skin. Cut into slices and add to bowl.
- 3. Wash grapes and remove from stems. Add to bowl.
- 4. Wash strawberries, and use the end of the potato peeler to remove tops and stems of strawberries.
- 5. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
- 6. Place nonfat light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

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Recipes



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Nutrition Facts

Serving Size: 1skewer with 1 Tbls of dip Servings: 8

Calories 68		Calories from	Eat 9				
Calories 00							
	10000000000000000000000000000000000000	%Daily					
Total Fat trace g			0%				
Saturated Fat trace g			0%				
Cholesterol 0mg			0%				
Potassium 215mg Sodium 14mg Total Carbohydrate 16g			6% 1% 5%				
				Dietary Fiber 1g			6%
				Protein 2g			3%
Vitamin A	3%	Vitamin C	57%				
Iron	1%	Calcium	5%				

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