

Fruit Kabobs with Yogurt Dip

Recipe details

Servings: 6

Serving size: 5 toothpick kabobs and 2 tablespoons of dip

Ingredients

- 2 small fruits of your choice, such as apples, pears, oranges, bananas, kiwi or grapes
- 1 can (18 ounces) chunk pineapple
- 1 container (6 to 8 ounces) fruit yogurt
- 1 to 2 tablespoons low-fat whipped topping
- 30 toothpicks

Instructions

1. Wash fruit under running water. Peel if necessary.
2. Drain pineapple juice into a bowl.
3. Cut fruit into wedges or chunks. Dip fruit that turns dark (such as apples and bananas) in the pineapple juice.
4. Thread fruit on toothpicks or skewers. Arrange on a platter.
5. Stir together yogurt and whipped topping. Pour into a bowl for dipping. Refrigerate leftovers.

Each serving provides

Calories: 60

Total fat: 0 grams

Cholesterol: 0 milligrams

Dietary fiber: 1 gram

Sodium: 15 milligrams

Protein: 1 gram

Carbohydrates: 14 grams

Source

Iowa State University Extension and Outreach's Spend Smart, Eat Smart website. For more information, recipes and videos, visit spendsmart.extension.iastate.edu.