

FRUIT SKEWERS WITH YOGURT DIP

Deliciously Healthy Family Meals, US Dept. of Health and Human Services

<http://hp2010.nhlbihin.net/healthyeating/>

Ingredients

- 1 cup strawberries, rinsed, stems removed, and cut in half
- 1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)
- ½ cup blackberries
- 1 tangerine or Clementine, peeled and cut into 8 segments
- 8 6-inch wooden skewers

For dip:

- 1 cup strawberries, rinsed, stems removed, and cut in half
- ¼ cup fat-free plain yogurt
- 1/8 tsp. vanilla extract
- 1 Tbsp. honey

Instructions

- Thread two strawberry halves, two pineapple chunks, two blackberries and one tangerine segment on each skewer
- To prepare the dip: puree the strawberries in a blender or food processor. Add yogurt, vanilla and honey; mix well
- Serve two skewers with yogurt dip on the side

Makes 4 servings (Serving = 2 skewers with 1 ½ Tbsp. dip)

Tips:

- Younger children can rinse the fruit, thread onto skewers, and mix the dip. Older children make the recipe themselves.
- Skewers have sharp edges, so monitor younger children while eating, or take the fruit off the skewers for them.

Nutrition information per serving (4 servings)

- Calories: 71;
- Total fat: 0g
- Sat fat: 0g
- Cholesterol: 0mg
- Sodium: 10mg
- Dietary fiber: 2g
- Protein: 1g
- Vitamin A: 6 %
- Vitamin C: 70%
- Calcium: 4 %
- Iron: 2%
- Percent daily values based on a 2000 calorie diet

