



August 27- Fruit Kabobs with Yogurt Dip

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-kabobs-yogurt-dip>

Recipe

Ingredients:

- 1 cup watermelon
- 1 cup pineapple
- 1 cup grapes
- 1 cup strawberries
- 2 kiwi
- 9 skewers
- 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.

Yield 8 servings

Nutrition Facts

Serving Size 1/8 recipe (138.5g)
Servings Per Container 8

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 16g 5%

Dietary Fiber 1g 5%

Sugars 13g

Protein 2g 3%

Vitamin A 4% • Vitamin C 60%

Calcium 4% • Iron 0%

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