Michele Sodon

NUTRITION PER SERVING:

CALORIES	71
PROTEIN	1 G
CARBOHYDRATE	18 G
TOTAL FAT	0 G

PREP TIME:	15 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	2 SKEWERS, 1½ TBSP DIP

1 C	STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF
1 C	FRESH PINEAPPLE, DICED (OR CANNED PINEAPPLE CHUNKS IN JUICE, DRAINED)
½ C	BLACKBERRIES
1	TANGERINE OR CLEMENTINE, PEELED AND CUT INTO 8 SEGMENTS
8	6-INCH WOODEN SKEWERS

FOR DIP:

1 C	STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF
¼ C	FAT-FREE PLAIN YOGURT
½ TSP	VANILLA EXTRACT
1 TBSP	HONEY

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FRUIT SKEWERS WITH YOGURT DIP

TANGY FRUIT AND SWEET YOGURT MAKE A PERFECT TASTE COMBINATION

01 Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.

02 To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well.

03 Serve two skewers with yogurt dip on the side.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the fruit off the skewers for them.

✔ Younger children can rinse the fruit, thread onto skewers, and mix the dip. Older children can make the recipe themselves.