

# Fruit Kabobs with Yogurt Dip

Fruit kabobs make a colorful and fun snack that kids can help prepare.

Makes: 8 servings

Source: [choosemyplate.gov](http://choosemyplate.gov) recipe/ Fruit Kabobs with Yogurt Dip



Small Changes,  
BIG Difference!

## Ingredients

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut in quarters)
- 8 bamboo skewers (6 inches long)
- 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.

## Utensils Needed

- Knife
- Cutting Board
- Serving Bowl and Plate



## Nutrition Information

Serving Size: 1/8 of Recipe (1 Kebab)

Nutrients	Amount
Calories:	61
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	1 mg
Sodium:	18 mg
Total Carbohydrates:	14 g
Dietary Fiber:	2 g
Total Sugars:	11 g
Added Sugars:	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	56 mg
Potassium	230 mg

# SHOPPING LIST

Average total cost without oil and seasonings: \$14.34

Average cost/serving: \$1.79

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fresh Strawberries 1 lb



Add 1 to Cart  
Canned Pineapple Chunks 8 oz



Add 1 to Cart  
Small/Personal Seedless Watermelon



Add 1 to Cart  
Red Grapes .25 lb



Add 2 to Cart  
Fresh Kiwi



Add 1 to Cart  
Dannon Yogurt Strawberry 16 oz



Add 1 to Cart  
Bamboo Skewers

**My Cooking Notes**

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