

# Fruit Kabobs with Yogurt Dip

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

Makes: 8 servings

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

## Ingredients

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut into 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
- Bamboo Skewers



Makes 8 Servings

Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/8 of recipe	
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 mcg

# SHOPPING LIST

Average total cost: \$ 12.70

Average cost/serving: \$ 1.58

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

## My Cooking Notes



Add 1 to Cart  
Fresh Strawberries 1lb



Add 1 to Cart  
Canned Pineapple Chunks 20 oz



Add 1 to Cart  
Small/Personal Seedless Watermelon



Add 1 to Cart  
Red seedless grapes



Add 2 to Cart  
Fresh Kiwi



Add 1 to Cart  
Strawberry Low-Fat Yogurt 4pk



Add 1 to Cart  
Bamboo Skewers