Fruit Skewers With Yogurt Sauce

Experiment with your favorite fruit combinations. Using different colors of fruits will provide you with a variety of vitamins for your health!

Serves 6



Ingredients

- 6 cups seasonal fruit, chunked
- 1 cup frozen raspberries, thawed
- 1 cup fat-free vanilla yogurt
- 12 bamboo skewers

Nutrition Facts

Serving Size 2 Skewers Servings Per Recipe 6

Servings Per Recipe 6			
Amount Per Se	rving		
Calories 17	0 Calo	ories fron	n Fat 10
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 30mg			1%
Total Carbohydrate 40g 139			13%
Dietary Fiber 4g			16%
Sugars 33g			
Protein 3g			
Vitamin A 4%	6 · \	Vitamin 0	C 100%
Calcium 10%	6 • I	ron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gral Fat 9 • 6	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Directions

- 1. Cut fruit into chunks.
- 2. Slide fruit onto skewers.
- 3. In a small bowl mash raspberries and mix with yogurt.
- 4. Enjoy skewers with a side of yogurt sauce.

