

# Fruit Skewers With Yogurt Sauce

Excellent source of vitamin C for a healthy immune system and strong bones

Serves 6



## Ingredients

- 1 20-ounce can pineapple chunks, drained (1/4 cup juice reserved)
- 1 pound strawberries, leaves trimmed
- 3 cups green or red grapes
- 1 cup frozen raspberries, thawed
- 1 cup vanilla yogurt
- 12 bamboo skewers

## Nutrition Facts

Serving Size about 2 skewers  
Servings Per Container about 6

Amount Per Serving

**Calories** 170      **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 40g      **13%**

Dietary Fiber 4g      **16%**

Sugars 33g

**Protein** 3g

Vitamin A 4%      • Vitamin C 100%

Calcium 10%      • Iron 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	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

1. Slide pineapple, strawberries, and grapes onto skewers.
2. Mash thawed raspberries into bowl and mix with vanilla yogurt and pineapple juice.
3. Serve skewers with yogurt sauce.

Please note: nutritional values are approximate.

