

fruit skewers with yogurt dip



National Heart, Lung,
and Blood Institute

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Ingredients

1 cup strawberries, rinsed,
stems removed, and cut in half

1 cup fresh pineapple, diced
(or canned pineapple chunks
in juice, drained)

1/2 cup blackberries

1 tangerine or clementine,
peeled and cut into 8 segments

8 6-inch wooden skewers

For dip:

1 cup strawberries, rinsed,
stems removed, and cut in half

1/4 cup fat-free plain yogurt

1/8 teaspoon vanilla extract

1 tablespoon honey

fruit skewers with yogurt dip

1. Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.
2. To prepare the dip, purée strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well.
3. Serve two skewers with yogurt dip on the side.

Yield 4 servings, **Serving Size** 2 skewers, 1 1/2 tablespoon dip, **Calories** 71,
Total Fat 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 10 mg, **Total Fiber** 2 g,
Protein 1 g, **Carbohydrates** 18 g, **Potassium** 174 mg