

fruit skewers with yogurt dip

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



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



National Heart, Lung,
and Blood Institute