

# Fruit Kabobs with Yogurt Dip

Fruit kabobs are a fun way to mix up your fruit intake all year and help you get to your goal of 7–10 servings of Vegetables and Fruit daily. They can be made with any fruit that is in season, so be creative! Use a low fat yogurt for a quick and easy healthy dip.



## Ingredients:

¾ cup	Fresh fruit, in-season	175 mL
1 Tbsp	Fruit flavoured, 0 % M.F. yogurt	15 mL

## Directions:

**Note:** Try using locally grown fruits that are in season for the kabobs. Here are some examples of seasonal fruits:

**Spring/Summer Kabob:** strawberries, peaches, blueberries, raspberries, grapes.

**Fall/ Winter Kabob:** apples, pears, grapefruit, oranges.

1. Wash the fruit.
2. Peel any fruit that need to be peeled (for example, grapefruit or oranges).
3. Cut up fruit into large bite-size chunks.
4. Make the fruit kabobs by sliding chunks of fruit onto skewers.
5. Spoon yogurt into bowls and dip the fruit kabob into the yogurt.

**Makes 1 serving (¾ cup/ 175 mL fruit and 1 Tbsp/ 15 mL yogurt) (1 kabob/ 112 g)**

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## Nutrition Facts

Per 1 serving of recipe  
(175 mL / ¾ cup / 112 g and 15 mL / 1 Tbsp)

<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 70	
<b>Fat</b> 0 g	<b>0 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 10 mg	<b>0 %</b>
<b>Carbohydrate</b> 16 g	<b>5 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 12 g	
<b>Protein</b> 1 g	
Vitamin A	4 %
Vitamin C	25 %
Calcium	4 %
Iron	0 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Source of fibre	2 g
Fat-free	0 g
Saturated fat-free	0 g
Low in sodium	10 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	1 ½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Most Often recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.

Analysis was done with fruits available year-round (apple, pear, and orange).