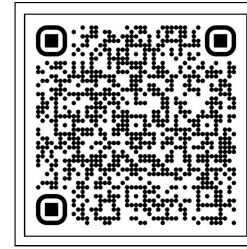


**Cornell University**  
 Cooperative Extension  
 New York City



## Fruit Kabobs with Yogurt Dip

### Ingredients:

- 1 cup watermelon chunks
- 1 cup pineapple chunks
- 1 cup grapes, red seedless
- 1 cup stemmed strawberries
- 2 kiwis peeled and cut in quarters
- 8 bamboo skewers, 6 inches long
- 1 cup yogurt, light strawberry

### Directions:

1. Place fruit chunks on bamboo skewers.  
Place fruit kabobs on platter.
2. Place nonfat light strawberry yogurt in bowl.  
Serve kabobs with yogurt on the side.

*Yields about 8 servings*

## Nutrition Facts

servings per container  
**Serving size** 1/8 of recipe (125g)

Amount per serving  
**Calories** **45**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	0%
Potassium 165mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Source:** Adapted from: Cooking Demo II, Food and Health Communications, Inc.,  
 Last modified 10/22/2008



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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