

FUN FRUIT KABOBS



by **boces**



A RECIPE FOR A HEALTHIER YOU!

FUN FRUIT KABOBS

Serves 4 • Serving Size: 1 Kabob

INGREDIENTS:

1 cup low fat yogurt
1 apple, 1 banana, 1 cup grapes
1 cup pineapple chunks, canned or fresh
note: any fruit may be used
1/4 c whole grain nuggets, granola, nuts, or raisins
4 wooden skewer sticks

DIRECTIONS:

Wash all fruit. Cut up into chunks. Spread yogurt on large plate. On another large plate spread whole grain nuggets. Slide pieces of fruit onto skewers. Roll skewers in the yogurt, and then in the nuggets. Enjoy!

NUTRITION FACTS (per serving): 170 calories, 1 grams fat, 0.3 grams saturated fat, 0 grams Trans Fat, 1 mg cholesterol, 68 grams sodium, 41 grams carbohydrate, 3 grams fiber, 28 grams sugar, 3 grams protein, 9% DV Vitamin A, 17% DV Vitamin C, 8% DV Calcium, 14% DV Iron