

Fresh Fruit Kebabs with Lime Dip

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Fresh Fruit Kebabs with Lime Dip	2	0.5	0	0	45
TOTAL:	2	0.5	0	0	45

Serves 2

1 Serving size= 2 fruit kebabs

Ingredients

- 4 ounces low-fat, sugar-free lemon yogurt
- 1 teaspoon fresh lime juice
- 4 to 6 pineapple chunks
- 4 to 6 strawberries
- 1 kiwi, peeled and diced
- 1/2 banana, cut into 1/2-inch chunks
- 4 to 6 red grapes
- 4 wooden skewers

Directions

1. In a small bowl, whisk together the yogurt and lime juice.
2. Cover and refrigerate until needed.
3. Thread 1 of each fruit onto the skewer. Repeat with the other skewers.
4. Serve with the lemon lime dip.