

# Fruit Kabobs with Strawberry Dipping Sauce

**Yield** 6 Kabobs  
**Prep time** 15 minutes  
**Total time** 15 minutes

## Ingredients

1 cup	yogurt, low-fat vanilla
2	pears (cored and cut into 1-inch cubes)
3 cups	strawberries (stems removed)
2	bananas (cut into 1-inch slices)
1 can	pineapple chunks, drained

## Instructions

1. Cut up one cup of strawberries into small slices. In a bowl, mash slices with a fork
2. In a small bowl, combine the vanilla yogurt and mashed strawberry slices. Set aside.
3. Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers.
4. Serve the fruit skewers with a dollop of the strawberry sauce on the side.

## Cost

Per recipe: \$5.58  
 Per serving: \$0.93

## Source

[USA Pears](#). Pear Bureau Northwest.

## Notes

Other materials needed:

- Six wooden skewers
- small bowl
- cutting board
- can opener
- paring knife
- measuring spoons
- platter or large plate

If you do not have wooden skewers, you can simply dip the pieces of fruit in the sauce or make a fruit salad!

Nutrition Facts	
Serving Size 1 kabob, 1/6 of recipe (248g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 33g	
<b>Protein</b> 3g	
Vitamin A 2%	• Vitamin C 60%
Calcium 10%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	