

Fruit Kabobs with Fluffy Fruit Dip

Ingredients

6-8 whole strawberries

1 banana, cut into 1/2 –inch chunks

6-8 pineapple chunks

6-8 seedless red or green grapes

6 wooden skewers

For Dip:

1 cup fruit-flavored low-fat yogurt

1 cup fat-free whipped topping, thawed

1 teaspoon honey

Directions

In a small bowl, make dip by mixing together yogurt, whipped topping, and honey. Cover and refrigerate until needed. Thread one piece of each fruit onto a skewer. Repeat until the fruit is gone or skewers are full. Serve with dip.

Variation: Use any of your kid's favorite fruits. Scoop the dip into little serving cups so kids can do their own dipping.

Servings: 6

Nutrition values per serving: 64 calories, .4 g fat, .2 g saturated fat, 1.9 milligrams cholesterol, 26 mg sodium, 16.5 g carbohydrate, 1.1 g fiber, 2.5 g protein

Recipe on loan from: Jodie Shield, RD and Mary Mullen, RD Co-Authors Healthy Eating, Healthy Weight for Kids and Teens (EatRight Press, 2012) available at [Amazon.com](https://www.amazon.com)