



Fruit Kebabs with Coconut Yogurt Sauce

Try your favorite fruits such as apples, bananas, grapes, blueberries, raspberries, kiwi, and oranges. Instead of coconut, try rolling skewers in dried fruit, granola, or cereal. Or combine coconut into yogurt and dip fruit.

U.S.

1 qt	Strawberries, washed and hulled
1 medium	Cantaloupe, cut into cubes
1 each	Pineapple, cut into cubes
1 lb	Grapes, green and red

Sauce & Topping:

1 cup	Coconut Flakes
1 cup	Almonds, sliced
1 cup	Yogurt, low fat, plain
1 medium	Orange, juiced and zested
1/2 tsp	Vanilla extract

Metric

714 g
1 medium
1 each
453.6 g

226.8 g
226.8 g
226.8 g
1 medium
2.4 g

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 350 degrees.
2. Hand out fruit and skewers.
3. Using knife or cookie cutter, cut shapes out of fruit.
4. Carefully slide each piece onto the skewer.

For Sauce:

1. In a small bowl combine yogurt, orange juice, zest, and vanilla extract until mixed. Chill.
2. Spread yogurt mixture on a plate
3. Spread coconut flakes on a baking sheet lined with parchment paper or foil. Toast in oven until golden brown and crispy.
4. Combine coconut and almonds in a separate bowl and put on a separate plate.
5. Roll skewers in yogurt sauce, then in coconut and almond mix.
6. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 kebob
Servings	12
Calories	160
Calories from Fat	80
Total Fat	9 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	105 mg
Carbohydrates	20 g
Dietary Fiber	4 g
Sugars	16 g
Protein	5 g
Vitamin A	12 %
Calcium	8 %
Vitamin C	100 %
Iron	4 %
Phosphorous	11 mg
