

# Fruit Skewers With Yogurt Sauce

Experiment with your favorite fruit combinations. Using different colors of fruits will provide you with a variety of vitamins for your health!

Serves 6



## Ingredients

- 6 cups seasonal fruit, chunked
- 1 cup frozen raspberries, thawed
- 1 cup fat-free vanilla yogurt
- 12 bamboo skewers

## Nutrition Facts

Serving Size 2 Skewers  
Servings Per Recipe 6

### Amount Per Serving

**Calories** 170     **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> 5mg		<b>2%</b>
<b>Sodium</b> 30mg		<b>1%</b>
<b>Total Carbohydrate</b> 40g		<b>13%</b>
Dietary Fiber 4g		<b>16%</b>
Sugars 33g		

### Protein 3g

Vitamin A 4%     • Vitamin C 100%

Calcium 10%     • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		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

## Directions

1. Cut fruit into chunks.
2. Slide fruit onto skewers.
3. In a small bowl mash raspberries and mix with yogurt.
4. Enjoy skewers with a side of yogurt sauce.

Please note: nutritional values are approximate.



Visit our website for more great recipes and program information- <http://lpi.oregonstate.edu/healthyouth>