Fruit Skewers With Yogurt Sauce

Excellent source of vitamin C for a healthy immune system and strong bones

Ingredients

- 1 20-ounce can pineapple chunks, drained (1/4 cup juice reserved)
- 1 pound strawberries, leaves trimmed
- 3 cups green or red grapes
- 1 cup frozen raspberries, thawed
- 1 cup vanilla yogurt
- 12 bamboo skewers

Directions

1. Slide pineapple, strawberries, and grapes onto skewers.
2. Mash thawed raspberries into bowl and mix with vanilla yogurt and pineapple juice.