

Smart Fruit Kabobs



Nutrition Facts

6 servings per container
Serving size 1 kabob (105g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 0mg	0%
Potassium 188mg	4%

Makes
6 kabobs

Prep time
5 minutes

Good Source of
Protein
Calcium

Ingredients:

- 1 cup non-fat vanilla yogurt
- 2 Tbsp. low-fat whipped topping
- 6 bamboo skewers
- 3 oz. low- or non-fat cheese*, cut into cubes (e.g. mozzarella)
- 2 cups assorted fresh fruits* of your choice (e.g. papaya, mango, grapes, bananas, etc.) cut into bite-sized cubes

**Nutritional information will vary based on selection.*



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA and the University of Guam are equal opportunity providers, lenders, and employers.



Smart Fruit Kabobs

Directions:

1. In a small bowl, mix together the yogurt and whipped topping until smooth. Cover and refrigerate.
2. Carefully stick skewer through your choice of fruits and cheese, alternating between fruit cubes and cheese cubes.
3. Repeat with remaining skewers, fruit, and cheese.
4. Serve immediately with yogurt dip or refrigerate.

