Fruit Kebabs With Peach Cream Dip

Customize your kebabs with your favorite fruits. Serve them with peach- or lemon-flavored plant-based yogurt, or any flavor of your choice!

About the Recipe

241 Calories · 2.6 g Protein · 7.4 g Fiber
Dessert
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 1 c (150 g) purple seedless grapes
- 1 c (165 g) chopped fresh mango
- 2 oranges
- 2 bananas
- 1 apple
- 2 6-oz (368-g) containers low-fat peach-flavored soy yogurt
- 1 tsp (5 mL) vanilla extract
- 2 tsp (10 mL) cinnamon

Directions

1. Chop fruit into large chunks or rounds so that they feed easily onto a skewer.
2. In a small bowl, mix yogurt (peach, lemon, or another flavor), vanilla, and cinnamon.
3. Place 6 to 8 pieces of fruit on each skewer and serve with yogurt dip.

Nutrition Facts

Per serving

Calories: 241
Protein: 2.6 g
Carbohydrate: 59.4 g
Sugar: 38.9 g
Fat: 1.8 g
- **Saturated Fat:** 0.2 g
- **Calories from Fat:** 6.3%

Fiber: 7.4 g
Sodium: 30 mg
Cholesterol: 0 mg
Calcium: 153 mg
Iron: 0.8 mg
Vitamin C: 59.3 mg
Beta-Carotene: 411 mcg
Vitamin E: 1.5 mg