

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