



KIWI GRAPE KEBABS

- Ready In: 5 minutes
- Serves: 2

Ingredients:

- 2 red bananas, cut into ½-inch slices
- 1 Tbsp 100% orange juice
- 2 kiwifruits, peeled and cut into ½-inch slices
- 1 cup grapes
- 1/2 cup strawberries
- 1/2 cup blackberries

Dip:

- 1 (8 oz) can crushed pineapple
- 1/4 cup (2 oz) 100% apple juice
- 1/4 cup vanilla yogurt, fat-free

Directions

Combine crushed pineapple and apple juice in a blender. Add your fat-free yogurt and blend until smooth. Pour into small bowl. In a small bowl, place the banana slices and drizzle with orange juice. Stir gently. Cut the kiwifruit slices into quarters. For the kebabs, thread the fruit onto 4-inch skewers. Serve with dip.

