

FRUIT KEBOBS

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Prep time: 15 minutes

Servings: 4

Serving size: 1 kebob
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This tasty fruity treat can even satisfy Sylvio Snake's sweet fang. Try making it for your kids as a quick snack or as an alternative dessert option.



Sylvio Snake

INGREDIENTS:

- 1 washed apple
- 1 peeled banana
- 1/3 cup washed red seedless grapes
- 1/3 cup washed green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 cup dried coconut, shredded

Note:

You can use a variety of ingredients in place of the coconut. Try granola, nuts, or raisins for a tasty variation.

EQUIPMENT AND SUPPLIES:

- Knife
- 4 wooden skewer sticks
- Large plate

Adult supervision required.

DIRECTIONS:

1. Prepare by arranging the fruit onto a large plate.
2. Prepare the coconut coating by placing the shredded coconut on a separate plate. This will make it easier to roll the kebobs.
3. Slide pieces of fruit onto the skewers. Make sure to get creative with your kebobs by putting as much or as little of whatever fruit you want!
4. Place the kebob on a clean plate, and pour the nonfat yogurt over the kebobs, so the fruit gets covered. Then, roll it in the coconut.
5. Repeat these steps with another skewer.

<p>Nutrition Facts Serv. Size ¼ of recipe 188g (187g), Amount Per Serving: Calories 166, Fat Cal. 20, Total Fat 2g (4% DV), Sat. Fat 2g (10% DV), Cholest. 1mg (0% DV), Sodium 52mg (2% DV), Total Carb. 35g (12%), Fiber 2g (9% DV), Sugars 28g, Vitamin A (2% DV), Vitamin C (21% DV), Calcium (10% DC), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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