



FRUITY KEBABS WITH HONEYED ORANGE YOGURT DIPPING SAUCE

Recipe Created By:
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INGREDIENTS

- 2 cups low fat-vanilla or plain yogurt
- 3 tablespoons honey
- 1 1/2 teaspoons grated orange zest
- 2 tablespoons orange juice
- 2 bananas, cut into 1 inch slices
- 1 pineapple, cubed
- 2 pints strawberries, hulled
- 1 bunch seedless grapes
- Wooden Skewers, serving platter, 4 bowls for yogurt dipping sauce

DIRECTIONS

Combine the yogurt, honey and orange zest in bowl. In another bowl, combine the orange juice and bananas to prevent browning.

Thread the pineapple, strawberries, grapes, and bananas alternately onto wooden skewers. Serve the dipping sauce on the side. For an added crunch, serve a bowl of granola with this dip.



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