

## Fun Fruit Kabobs

### **Ingredients:**

1 apple  
1 banana  
1/3 cup red seedless grapes  
1/3 cup green seedless grapes  
2/3 cup pineapple chunks  
1 cup nonfat yogurt  
¼ cup dried coconut, shredded

### **Preparation:**

1. Rinse, clean & cut fruit into bite-size pieces.
2. Arrange the fruit onto a large plate or serving tray.
3. Spread coconut onto another large plate.
4. Pour yogurt onto another large plate.
5. Slide pieces of fruit onto the skewers and design your own fruit kabobs. Fill the skewer from end to end with fruit in any design.
6. Hold your kabobs at the ends and roll the skewer in the yogurt so the fruit gets covered. Then roll the skewer in the coconut.
7. Serve & enjoy!

### **Suggestion:**

Roll your kabobs in something besides coconut. Try granola, raisins or nuts. Use your imagination!

Serves 4, Serving size = 1 kabob

**Nutritional analysis (per serving):** 141 calories, 3 g fat, 2 g saturated fat, 3 g fiber, 28 g carbohydrate, 1 mg cholesterol, 52 mg sodium, 103 mg calcium, 0.5 mg iron. Nutritional analysis may vary depending on brand(s) used.

## Symphony of Fruit Pizza

### **Ingredients:**

1 English muffin split in half  
2 Tablespoons whipped fat-free strawberry cream cheese  
1/3 c. strawberries sliced  
¼ c. red grapes, quartered  
¼ c. canned mandarin oranges, drained

### **Preparation: "Think Variety, Think Color"**

1. Toast the English muffin until golden brown.
2. Spread cream cheese on toasted muffin.
3. Arrange sliced strawberries, grapes and orange slices on top of the cream cheese.
4. Slice into quarters and "yummy—fruit pizza."

**Nutritional analysis (per serving):** 228 calories, 10 g protein, 1.3 g fat, 0 g saturated fat, 46 g carbohydrate, 5 mg cholesterol, 374 mg sodium, 4 g dietary fiber.



A recipe from "Having Fun in the Kitchen"  
Waco-McLennan County WIC Program, 2010

## Star Fruit Salad

### *Ingredients:*

2 Star fruit  
2 Kiwis  
2 Bananas  
1 cup mango fruit nectar  
1 cup low-fat vanilla yogurt

### Optional fruits to add:

Oranges  
Strawberries  
Blueberries  
Peaches  
Grapes

### *Preparation:*

1. Rinse kiwi and star fruit
2. Peel kiwi and banana. Cut into medium, bite-size pieces.
3. Slice star fruit in ¼-inch thickness. (when cut, the star fruit look like stars)
4. Combine all fruits in bowl.
5. Pour nectar over mixture & stir together.
6. Refrigerate for 3 hours.
7. Measure 1 cup into 4 bowls and top with ¼ cup yogurt for serving.

Makes 4 servings

*Nutritional analysis (per 1 cup serving): 201 calories, 5 g protein, 2 g fat, 0 g saturated fat, 46 g carbohydrate, 3 mg cholesterol, 46 mg sodium, 6 g fiber.*



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