

# 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