

Rainbow Fruit Ka-Bob

Ingredients:

3/4 cup strawberries
 3/4 cup blueberries
 1 1/2 cups seedless grapes,
 red and green
 3/4 cup mandarin oranges in
 juice, drained
 8 ounces lowfat yogurt with
 fruit, for dipping

Equipment:

8 long toothpicks
 Plates

Number of Servings: 8

Preparation Time: 5 minutes

Total time: 5 minutes

Directions

1. Place fruit on toothpicks to look like a rainbow.
2. Use yogurt for dipping.

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Nutrition Facts

Serving Size: 1 kabob, 2 tbsp yogurt

Servings: 8

Amount Per Serving

Calories 70

Calories from Fat 3

%Daily Value*

Total Fat trace g 0%

Saturated Fat trace g 0%

Cholesterol trace mg 0%

Sodium 14mg 1%

Potassium 218mg 6%

Total Carbohydrate 16g 5%

Dietary Fiber 1g 6%

Protein 2g 3%

Vitamin A 3% Vitamin C 57%

Iron 2% Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

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