



Rainbow Fruit Skewers with Cinnamon Yogurt

4 Servings • 1 Serving = 1 Skewer

INGREDIENTS

- 8 small cubes of cantaloupes
- 8 strawberries
- 8 small cubes of pineapple
- 8 kiwi wedges
- 16 grapes
- ½ cup low-fat or nonfat plain Greek yogurt
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- ½ teaspoons ground cinnamon
- ¼ cup walnuts, chopped

DIRECTIONS

1. Thread the pointy edge of a wooden kebab stick through the fruit in any order you wish.
2. Place the yogurt in a large bowl. Whip with a whisk or fork until velvety. Add the vanilla, honey, and cinnamon and whisk to combine.
3. Once the skewers are prepared, dip into yogurt and sprinkle with walnuts.

Nutrition Facts

4 servings per container	
Serving size	1 fruit skewer
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 1mg	6%
Potassium 284mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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