

Create a Fruit Kabob

1

Choose two or more



Bananas



Raspberries



Pineapple



Grapes



Blueberries



Apples

Other Ideas

Berries
Pears
Melon
Kiwi

2

Cut in bite sized pieces and thread onto a skewer



3

Choose a sauce or dip



Peanut Butter



Flavored Cream Cheese



Melted Dark Chocolate



Pineapple Juice



Flavored Yogurt

Other Ideas

Honey Lime Dressing
(recipe on back)
Sweet Yogurt Dip
(recipe on back)

Fruit Kabob Dip Recipes

HONEY LIME FRUIT DIP

- 1 cup vanilla yogurt
- 2 tablespoons honey
- 2 tablespoons lime juice, fresh
- 1 teaspoon lime zest, from one lime

In a small bowl mix together yogurt, honey, lime juice and zest. Refrigerate at least one hour before using.

PEANUT BUTTER FRUIT DIP

- 1 cup vanilla Greek yogurt
- ½ cup creamy peanut butter
- 2 teaspoons honey

Combine all ingredients in a medium bowl and mix until creamy. Refrigerate at least one hour. Enjoy with fresh fruit.

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