

Portion size: 2 Skewers



## Grilled Summer Fruit Kebabs

Yield: 10 Servings

- 1 1/4 Cup Low Fat Vanilla Yogurt
- 2 Tbsp Honey
- 1 Tbsp Orange Juice
- 5 Fresh Plums
- 2 1/2 Peaches
- 5 Fresh Apricots



Prepare Yogurt Dipping sauce by combining yogurt, honey and juice. Refrigerate until ready to use. Soak 6 inch skewers for at least 10 minutes before grilling. Peel, pit and quarter plums. Peel, pit and cut peaches into eighths. Peel, pit and quarter apricots. Heat and clean grill to medium-high heat.

Thread one piece of each peeled, seeded fruit lengthwise onto one 6 inch skewer. Repeat with the remainder of fruit. Each skewer will have 1 piece of each fruit.

Grill each skewer 2 to 3 minutes per side, turning carefully so fruit does not fall off skewer. Remove from heat and serve with yogurt dipping sauce.

Portion: 2 skewers (6 pieces of fruit), 2 tbsp sauce

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat(g)
75.8	1.9	17.4	0.5	1.2	16.1	1.3	0.2