

## Fresh Fruit Kebabs with Lemon Lime Dip

**TIP:** These kebabs work well with any type of fruit, including more exotic types such as star fruit, kumquats or prickly pears. To prevent fruit from browning, dip in pineapple or orange juice. By Mayo Clinic staff <http://www.mayoclinic.com/health/healthy-recipes/NU00507>

Serves 2

### Ingredients

- 4 ounces low-fat, sugar-free lemon yogurt
- 1 teaspoon fresh lime juice
- 1 teaspoon lime zest
- 4 to 6 pineapple chunks
- 4 to 6 strawberries
- 1 kiwi, peeled and diced
- 1/2 banana, cut into 1/2-inch chunks
- 4 to 6 red grapes
- 4 wooden skewers

### Directions

In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed.

Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip.

Nutritional Analysis - (per serving)

#### Serving size: 2 fruit kebabs

Calories	160	Cholesterol	4 mg
Protein	4 g	Sodium	45 mg
Carbohydrate	36 g	Fiber	4 g
Total fat	1 g	Potassium	516 mg
Saturated fat	< 1 g	Calcium	122 mg
Monounsaturated fat	trace		