

Fruit Skewers w/Yogurt Dip

Serves: 4

Ingredients

1 cup strawberries, cut in half
1 cup fresh pineapple, diced
½ cup blackberries
1 tangerine or Clementine,
peeled and cut into 8 segments
8 (6 inch) wooden skewers

For Dip:

1 cup strawberries,
cut in half
¼ cup plain yogurt,
fat free
1/8 teaspoon vanilla
extract
1 Tablespoon honey

Thread 2 strawberry halves, 2 pineapple chunks, 2 blackberries, and 1 tangerine segment on each skewer. To prepare dip, purée strawberries in a blender or food processor. Add yogurt, vanilla, and honey and mix well. Serve two skewers with yogurt dip on the side, cover pan and cook for 2 more minutes. Serve over whole wheat pasta or brown rice.