

Fruit Kabobs

1 medium tart apple, cut into 1-inch chunks
1 medium pear, cut into 1-inch chunks
1 tablespoon lemon juice
1 can (8 ounces) unsweetened pineapple chunks, drained
24 grapes (red or green) – about ¼ pound
24 fresh strawberries
12 wooden skewers

COCONUT DIP:

1 ½ cups nonfat vanilla yogurt
4 ½ teaspoons flaked coconut
4 ½ teaspoons reduced-sugar orange marmalade

Toss apple and pear with lemon juice.
Divide fruit into 12 portions and thread onto wooden skewers.
Combine dip ingredients in a small bowl; serve with the kabobs

Nutritional Analysis:

One kabob with 1 tablespoon of dip equals 52 calories, 10 mg sodium, trace cholesterol, 12 gm carbohydrates, 1 gm protein, trace fat.
Diabetic Exchange: 1 fruit

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