

FRUIT KABOBS WITH HONEY PEACH DIPPING SAUCE

ALL YOU NEED:

- ¼ c. light sour cream
- 1 (6 oz) container fat-free Anderson Erickson peach yogurt
- 2 tbsp. Hy-Vee honey
- 2 peaches, cut into chunks, divided
- 12 strawberries, stems removed, divided
- 24 red grapes, divided
- 4 kiwi, peeled and sliced into 1/2-inch slices, divided
- Any of your other favorite fruits



ALL YOU DO:

1. In a medium bowl, whisk together sour cream, yogurt and honey until smooth. Set honey peach dipping sauce aside.
2. On each of 6 wooden skewers, alternately thread peach chunks, strawberries, grapes, kiwi slices and any of your other favorite fruits!
3. Serve kabobs with honey peach dipping sauce.

NUTRITION FACTS PER SERVING: SERVES 6

Serving size: 6 kabobs, 130 calories per serving, 1g fat, Total Carbohydrates: 30g, Sodium: 25mg, Total Sugar: 24g, Protein: 3g