



Red, White, and Blue Fruit Skewers with Cinnamon Yogurt

4 Servings • 1 Serving = 1 Skewer

INGREDIENTS

- 8 small cubes of watermelon
- 8 blackberries
- 8 strawberries
- 16 blueberries
- 8 raspberries
- ½ cup low-fat or nonfat plain Greek yogurt
- 2 teaspoons vanilla extract
- 2 teaspoons honey
- 2 teaspoons ground cinnamon
- ¼ cup walnuts, chopped

DIRECTIONS

1. Thread the pointy edge of a wooden kebab stick through the fruit in any order you wish.
2. Place the yogurt in a large bowl. Whip with a whisk or fork until velvety. Add the vanilla, honey, and cinnamon and whisk to combine.
3. Once the skewers are prepared, dip into yogurt and sprinkle with walnuts.

Nutrition Facts

4 servings per container

Serving size 1 fruit skewer

Amount per serving

Calories 100

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 19g 7%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 3g Added Sugars 6%

Protein 4g

Vitamin D 0mcg 0%

Calcium 68mg 6%

Iron 1mg 6%

Potassium 200mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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