

Fruit kebabs with maple cinnamon yogurt dip

There's nothing like fruit kebabs to amp up the fun factor. Wow everyone's tastebuds by whipping up a creamy yogurt dip spiked with maple syrup.



Vegetarian



30 mins or less



Kid-friendly



No-cook



PREP TIME
5 min



COOK TIME
0 min



SERVINGS
8 kebabs

Ingredients

Kebabs:

- 8 strawberries, halved
- 2 peaches or nectarines or 3 plums, sliced into 8 wedges each
- 2 bananas, peeled and each cut into 8 pieces

Yogurt dip:

- 250 mL (1 cup) 0% fat plain Greek yogurt
- 15 mL (1 tbsp) pure maple syrup
- 2 mL (1/2 tsp) ground cinnamon

Directions

1. **Kebabs:** Pierce fruit onto small skewers, alternating fruit.
2. **Yogurt dip:** In a bowl, whisk together yogurt, maple syrup and cinnamon. Serve with fruit kebabs.

Tips

- ✓ This is one snack that **little chefs** will love making and eating.
- ✓ Make the dip **a day ahead** and refrigerate until ready to use.
- ✓ Unleash your inner chef and experiment with **endless fruit combinations**.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

