

Fruit Kabobs (Fruit Sauces)

Ingredients:

Kabobs

4 Kiwi, peeled and cut
16 pineapple chunks
16 strawberries
8 six-inch skewers

Strawberry Sauce

8 oz. strawberry yogurt
1/2 cup reduced-fat sour cream
2 tbsp. all-fruit strawberry spread

Raspberry Sauce

1/2 quart raspberries
1/4 cup sugars, granulated
1 tsp lemon juice



Directions:

Kabobs:

Alternately thread the fruit on each of eight 6-inch skewers.

Strawberry sauce:

Stir together the yogurt, sour cream and fruit spread.

Raspberry sauce:

In a blender or food processor, combine raspberries, sugar, and lemon juice. Puree until smooth. Strain the puree; discard seeds.

Recipe from FreshFoods.com & FoodGeeks.com