



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Fruit Skewers with Yogurt Sauce

Ingredients:

- 20-ounce can pineapple chunks, drained (1/4 cup juice reserved)
- 1 pound strawberries, leaves trimmed
- 3 cups green or red grapes
- 1 cup frozen raspberries, thawed
- 1 cup vanilla yogurt
- 12 bamboo skewers

Directions:

1. Slide pineapple, strawberries, and grapes onto skewers.
2. Mash thawed raspberries into bowl and mix with vanilla yogurt and pineapple juice.
3. Serve skewers with yogurt sauce.

Serves 6

170 calories, 1 g fat, 0 g saturated fat, 40 g carbohydrate, 4 g fiber, 3 g protein, 30 mg sodium

Source: Linus Pauling Institute

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