

Eat
Well



FUN FRUIT KEBABS WITH MAPLE CINNAMON YOGURT DIP

There's nothing like fruit kebabs to amp up the fun factor at snack time or summer get-togethers. Wow everyone's taste buds by whipping up a creamy yogurt dip spiked with maple syrup.

Prep
Time

5
min

Cook
Time

0

Makes 8
kebabs



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
- 30 mL (2 tbsp) pure maple syrup
- 2 mL (1/2 tsp) ground cinnamon

NUTRIENTS PER KEBAB

% DV

Calories	78	-
Fat	0 g	-
Saturated + Trans	0 g	-
Cholesterol	0 mg	-
Sodium	13 mg	1 %
Carbohydrate	16 g	5 %
Fibre	1 g	5 %
Sugars	12 g	-
Protein	4 g	-
Vitamin A	-	1 %
Vitamin C	-	28 %
Calcium	-	3 %
Iron	-	2 %

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.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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