

GRILLED FRUIT SKEWER WITH YOGURT DIP

NUTRITION FACTS

Serving Size: 1 skewer (with sauce) (Recipe makes 6 skewers)

Calories: 74 | Carbohydrate: 16g | Protein: 1.2g | Total Fat: 1.3g | Saturated Fat: 0.8g | Sodium: 14mg (varies) | Fiber: 0.6g

INGREDIENTS

Fruit Skewers

- 1 cup Watermelon, cubed
- 1 cup Pineapple, cubed
- 2 Tbsp Honey
- 1 Tbsp Lime juice

Yogurt Dipping Sauce

- ½ cup Plain Greek yogurt (can substitute non-dairy yogurt)
- 1 Tbsp Brown sugar

DIRECTIONS

Grilled Fruit Skewers:

1. Skewer fruit onto sticks. (If using wooden skewers, follow manufacturer directions for pre-soaking).
2. Combine honey and lime juice, then brush onto fruit.
3. Grill skewers on the grill (or on a medium/high heat stovetop grill pan) until they begin to brown and caramelize.
4. Remove fruit from skewer and serve on a plate.

Yogurt Dipping Sauce:

1. Combine yogurt and brown sugar.
2. Serve with fruit. Enjoy!

NOTES

Recipe inspired by <https://www.liveeatlearn.com/grilled-fruit-skewers/>

If you want to use less sugar in the dipping sauce, try swapping brown sugar out for cinnamon or a drizzle of honey.

You could also experiment with low sugar flavored Greek yogurt or non-dairy yogurt.





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