



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"

### NUTRITION PER SERVING:

CALORIES	71
PROTEIN	1 G
CARBOHYDRATE	18 G
TOTAL FAT	0 G

PREP TIME:	15 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	2 SKEWERS, 1½ TBSP DIP

- 1 C** STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF
- 1 C** FRESH PINEAPPLE, DICED (OR CANNED PINEAPPLE CHUNKS IN JUICE, DRAINED)
- ½ C** BLACKBERRIES
- 1** TANGERINE OR CLEMENTINE, PEELED AND CUT INTO 8 SEGMENTS
- 8** 6-INCH WOODEN SKEWERS

### FOR DIP:

- 1 C** STRAWBERRIES, RINSED, STEMS REMOVED, AND CUT IN HALF
- ¼ C** FAT-FREE PLAIN YOGURT
- ½ TSP** VANILLA EXTRACT
- 1 TBSP** HONEY



## FRUIT SKEWERS WITH YOGURT DIP

TANGY FRUIT AND SWEET YOGURT MAKE A PERFECT TASTE COMBINATION

- 01 Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.
- 02 To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well.
- 03 Serve two skewers with yogurt dip on the side.

**Note:** Skewers have sharp edges, so monitor younger children while eating, or take the fruit off the skewers for them.



Younger children can rinse the fruit, thread onto skewers, and mix the dip. Older children can make the recipe themselves.

