Fruit Kabobs with Nut Butter Yogurt Dip

**Fruit Kabobs**

**Ingredients**
- Toothpicks or kabob skewers (for older children)
- Fresh fruits* like strawberries, blueberries, pineapple, apple and/or banana chunks

*Grapes are good for children above the age of 4, cut them in half for children under 4 so they aren't a choking hazard

**Instructions**
1. Wash fruit, drying in a strainer or blot with a towel
2. Peel fruits like bananas and oranges
3. Cut strawberries, bananas, and apple slices into bite size chunks
4. Add pieces of fruit to skewers or toothpicks*

*Children younger than 3 can arrange their fruit into smiling faces or other shapes

**Nut Butter Yogurt Dip**

**Ingredients**
- 1:1 ratio of nut butter to yogurt
  - 1/2 cup: nut butter (peanut, almond, cashew, or sunflower seed butter)
  - 1/2 cup: unsweetened yogurt
  - 1 tsp.: ground cinnamon
  - 1/2 tsp.: vanilla extract

**Instructions**
1. Mix all ingredients together in a small bowl

Dunk fruit into dip and enjoy!

Refrigerate the leftovers.

**SHOPPING LIST**

- Fruits you love, like strawberries, blueberries, pineapple, apple, grapes and/or bananas
- 5-6 oz. Unsweetened yogurt
- Ground cinnamon
- Vanilla extract
- Nut butter (peanut, almond, cashew, or sunflower seed butter)
- Toothpicks or kabob skewers