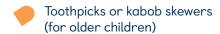
Fruit Kabobs with Nut Butter Yogurt Dip



Fruit Kabobs

Ingredients





*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

- 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

<u>Ingredients</u>

1:1 ratio of nut butter to yogurt

nut butter (peanut, almond, cashew, or sunflower seed butter)

½ cup unsweetened yogurt

1 tsp. ground cinnamon

½ tsp. vanilla extract

Instructions

1 Mix all ingredients together in a small bowl

Dunk fruit into dip and enjoy!

Refrigerate the leftovers.

Fruit Kabobs with Nut Butter Yogurt Dip

SHOPPING LIST



Fruits you love, like strawberries
blueberries, pineapple, apple,
grapes and/or bananas

Nut butter (peanut, almond,
cashew, or sunflower seed butter)

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Ground cinnamon

─ Vanilla extract

Toothpicks or kabob skewers