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Fruit Skewers with Apple Cinnamon Dipping Sauce

Ingredients

- ½ cup vanilla Greek yogurt
- 2 Tablespoons applesauce
- ⅛ teaspoon almond extract
- ⅛ teaspoon ground cinnamon
- 1 cup seedless grapes
- 1 cup fresh strawberries
- 1 cup apple chunks
- 1 cup pineapple chunks
- 8 wooden skewers

Directions

Stir yogurt, applesauce, almond extract, and cinnamon together in a bowl for dipping sauce. Thread grapes, strawberries, apple chunks, and pineapple alternatively onto skewers. Arrange on a plate and serve with dipping sauce.

With this recipe, sticking to proper portion size is key if you are watching your carbohydrate intake. While fruit is packed full of vitamins, minerals, and fiber, it does contain carbohydrates, and should not be eaten at an unlimited volume.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

Nutrition Facts

Serves 4

Calories	40
Total Fat	5g
Sodium	6mg
Total Carbohydrates	12g
Dietary Fiber	1.5g
Sugar	7g
Protein	1.5g