



# 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





-  Wash fruit, drying in a strainer or blot with a towel
-  Peel fruits like bananas and oranges
-  Cut strawberries, bananas, and apple slices into bite size chunks
-  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

-   $\frac{1}{2}$  cup nut butter (peanut, almond, cashew, or sunflower seed butter)
-   $\frac{1}{2}$  cup unsweetened yogurt
-  1 tsp. ground cinnamon
-   $\frac{1}{2}$  tsp. vanilla extract

### Instructions

-  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)
- 5-6 oz. Unsweetened yogurt
- Ground cinnamon
- Vanilla extract
- Toothpicks or kabob skewers