



Niki's Fruit Skewers with Yoghurt Dips Recipe

Makes 20 small skewers Prep 20 mins

Ingredients

Note: Cut Fruit up into 2 1/2-3cm pieces

500g (17.6oz) seedless watermelon

280g (10oz) honeydew melon

250g (9oz) strawberries

2 small mangoes

4 kiwi fruit

300g (10.6oz) plain low fat yoghurt, divided equally into 2 bowls

1 tbs honey

juice and finely grated rind of 1/2 a small orange

20 small bamboo skewers (15.5cm long)

Method

Take the fruit and thread onto your skewers, leaving a little bit of skewer empty on both ends. Now mix together one bowl of yoghurt with the honey. Then mix together the other bowl of yoghurt with a little bit of orange juice and orange rind, to taste and consistency you prefer. They are now ready to serve together as a wonderful guilt free snack.

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Tips

These skewers can be barbecued, just make sure you soak the skewers in cold water for 30mins prior to threading the fruit on so the skewers don't burn. You can also freeze the skewers, just make sure you they are stored on a tray lined with baking paper and covered with foil.

Nutritional Note

Fresh fruits are fantastic sources of carbohydrates as they are low in calories and fat, as well as great sources of fiber. They are rich in vitamins, minerals, antioxidants and phyto-nutrients.

Low fat yoghurt is a great source of calcium, as well as potassium, zinc, B vitamins and probiotics.