

# Fruit Kebabs with Crunchy Yogurt Dip

Makes 15 kebabs

## Ingredients

- 3 cups assorted fruit cut into 1-inch cubes: peaches, pineapple, bananas, strawberries, mango, kiwi fruit, honey dew
- handful of mint leaves (optional)
- 2 cups reduced fat vanilla or flavoured yogurt or make your own
- 2 cups muesli or make your own
- 15 6-inch bamboo skewers

## Method

1. Soak bamboo skewers in water for 20 minutes.
2. Skewer fruit and mint (if desired).
3. Set the yogurt and muesli out in shallow serving bowls.
4. Let guests top their kebabs with yogurt and muesli to their tastes.

## Variation:

Try grilling kebabs on the BBQ.

## Make your own: Yogurt dip

Take 2 cups reduced fat vanilla or natural yogurt and add one or more of the following: -

- pureed strawberries
- mashed or pureed mango
- mashed tinned apricots, drain juice before mashing
- no added sugar jam
- passionfruit seeds (fresh or canned)
- chopped mint leaves
- pureed kiwi fruit
- pureed frozen berries

## Make your own: Muesli

Mix together a combination of oats, cinnamon, nuts (e.g. almonds, cashews), dried fruit (e.g. sultanas, dried apricot), sesame seeds, pepitas and sunflower seeds. If desired, toast oats by placing on a baking tray and baking in pre-heated 180°C oven for 15 minutes. Toast nuts and seeds in a dry frying pan, stirring continuously until golden brown.

