

Rainbow Fruit Salad

Prep time	Cook time	Yields	Serving Size
20 minutes	0 minutes	12 servings	4 oz

Ingredients for salad:

- 1 large mango, peeled and diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, peeled and sliced
- 1 kiwi fruit, peeled and sliced

For honey orange sauce:

- ½ C unsweetened orange juice
- 2 Tbsp lemon juice
- 1½ Tbsp honey
- ¼ tsp ground ginger
- Dash nutmeg

Summer breeze smoothie

Prep time	Cook time	Yields	Serving Size
5 minutes	0 minutes	3 servings	1 C

Ingredients

- 1 C nonfat plain yogurt
- 6 medium strawberries
- 1 C pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp vanilla extract
- 4 ice cubes

Directions

1. Place all ingredients in blender, and puree until smooth.
2. Serve in frosted glasses



Fruit Skewers With Yogurt Dip

Prep time	Cook time	Yields	Serving Size
15 minutes	0 minutes	4 servings	2 skewers, 1½ Tbsp dip



Ingredients

1 C strawberries, rinsed, stems removed, and cut in half
1 C fresh pineapple, diced (or canned pineapple chunks in juice, drained)
½ C blackberries
1 tangerine or Clementine, peeled and cut into 8 segments
8 6-inch wooden skewers

For dip:

1 C strawberries, rinsed, stems removed, and cut in half
¼ C fat-free plain yogurt
1/8 tsp vanilla extract
1 Tbsp honey

Directions

- 1 Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.
- 2 To prepare the dip, puree strawberries in a blender or food processor. Add yogurt, vanilla, and honey, and mix well.
- 3 Serve two skewers with yogurt dip on the side.

Grapesicles

Prep time	Cook time	Yields	Serving Size
5 minutes	30 minutes	4 servings	4 skewers

Ingredients

48 green seedless grapes, rinsed
48 red seedless grapes, rinsed
6-inch wooden skewers

Directions

1. Thread six grapes, alternating grape colors, onto each wooden skewer.
2. Place skewers into the freezer for 30 minutes, or until frozen.
3. Serve immediately.