Fruit Skewers with Mango Sauce

Many Wallace, ACF
Central Arkansas Chapter

Servings Per Recipe: 4

Ingredients:

- ½ cup mango puree
- 1 tablespoon finely chopped mint leaves
- ½ cup low-fat plain yogurt
- ½ pineapple, peeled, cored and cubed
- 1 teaspoon sugar
- 2 kiwis, peeled and cubed
- 1 ½ cups strawberries, hulled and cut in half

Directions:

1. Mix mango puree, yogurt, sugar, and vanilla together.
2. Stir in mint.
3. Cover and refrigerate until needed.
4. Thread fruit onto 4 long or 12 short wooden skewers. Arrange on large serving tray with sauce bowl in center.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV*</th>
<th>Amount/serving</th>
<th>%DV*</th>
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</thead>
<tbody>
<tr>
<td>Calories 110</td>
<td></td>
<td>Calories 216g</td>
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<tr>
<td>Total Fat 1g</td>
<td>2%</td>
<td>Total Carb 25g</td>
<td>8%</td>
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<tr>
<td>Sat. Fat 0g</td>
<td>0%</td>
<td>Fiber 3g</td>
<td>12%</td>
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<tr>
<td>Trans Fat 0g</td>
<td></td>
<td>Sugars 3g</td>
<td></td>
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<tr>
<td>Cholest. 0mg</td>
<td>0%</td>
<td>Protein 19g</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 25mg</td>
<td>1%</td>
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</tbody>
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.