



Healthy cooking with kids

Fruit kebabs with yogurt dip

Healthy Tips: Try introducing some fruits that your child doesn't typically eat. When kids help to prepare their food, they can be more willing to try new things. Using different colored fruits offers a variety of nutrients.

MAKES 4 SERVINGS

INGREDIENT LIST:

Dip:

½ C plain, fat-free yogurt
½ tsp vanilla extract
1 T honey
¼ tsp lime juice

Fruit:

Strawberries, green and red grapes, pineapple and melon

Other: Kebab skewers

PREPARATION: To make dip, combine yogurt, vanilla, honey and lime juice in a small bowl and mix well. To make skewers, cut pineapple and melon into bite-sized pieces. Put the fruit onto skewers.

SAFETY TIPS:

- Be sure to wash all produce thoroughly before using.
- Explain to your child that the pointy end of the skewer is sharp, and that they should be careful when putting the fruit on.
- Making individual fruit salads and dipping cups could be a good way to avoid the skewers altogether.

Watch our cooking videos on YouTube. Search cooking with kids fruit kebabs.