

Fruit Kabobs with Coconut Yogurt Sauce

Ingredients

- Fresh fruit, washed (or canned and drained)
- 1 cup unsweetened coconut flakes
- 1 cup almonds (or other raw nut), chopped
- 1 cup yogurt (low-fat, plain)
- Juice from 1 medium orange
- ½ teaspoon vanilla extract

Supplies

- Fork or whisk
- Small bowl for scraps
- Measuring spoons
- Measuring cups
- Sharp knife
- Cutting board
- Bowls for fruit and yogurt
- Baking sheet
- Oven or toaster oven
- Oven mitts
- Wooden skewers
- Serving plate

Steps

1. Heat oven to 350°
2. In small bowl, combine yogurt, orange juice, and vanilla extract. Mix with fork or whisk. Put in refrigerator until you are ready to use it.
3. Spread coconut and nuts onto baking sheet.
4. Bake for 2 minutes. Check. If golden brown, remove. If not, bake for 2 more minutes.
5. Let nut mixture cool.
6. Put the fruit pieces on the wooden skewers.
7. Roll each skewer in the chilled yogurt mixture. Then roll each one in the coconut-nut mixture.

Let's start making the kebabs!

- Preheat your oven to 350 degrees.
- In a small bowl put the yogurt, orange juice, and vanilla extract. Mix together with fork or whisk.
- Put the yogurt mixture in refrigerator while we do this next step.
- Spread coconut flakes and nuts on a baking sheet. Toast in oven until golden brown. Continue to check after 2 minutes in the oven as it can burn quickly!
- Take coconut/nut mixture out of the oven and let cool 2 minutes.
- If you forgot to wash your fruit, go ahead and wash it now. Carefully slide fruit onto skewers using any combo you like.
- Roll fruit skewers in the yogurt mixture, then in the coconut/nut mixture.

That's it – they are ready to eat!