

Grilled Fruit with Poppy Seed Sauce

Serving Size: 2 (~6 inch long) skewers

Serves: 6

Ingredients:

Sauce

1 cup fat free vanilla yogurt

1 tablespoon poppy seeds

1 small sugar free strawberry jello

2 mangos, cut into wedges

½ fresh pineapple, cut into cubes

2 peaches, cut into wedges

1 green banana, cut into 1 inch slices

1 red apple, cored and cut into wedges

Directions:

Combine the sauce ingredients and let stand for one hour.

Arrange the fruit onto twelve 6 inch skewers. Grill over medium heat for 2 – 3 minutes each side just until warm. Place two skewers on a dessert plate and drizzle with the sauce. Store left over sauce covered in the refrigerator for up to 1 week.

Exchanges per serving:

2 Fruits

Nutrients per serving:

Calories: 129

Calories from fat: 9

Total Fat: 1g

Cholesterol: 0mg

Sodium: 38mg

Total Carbohydrate: 30g

Dietary Fiber: 4g

Protein: 3g