



Fresh Fruit Kabobs with Key Lime-Coconut Dip

Prep: 25 minutes • Serves: 10

- ¼ cup sweetened coconut flakes
- 3 containers (6 ounces each) light Key lime yogurt
- ½ cup cream cheese, softened
- 3 pounds fresh fruit such as strawberries, kiwi, pineapple, cantaloupe, honeydew melon and mango, peeled and cut into 1-inch pieces (8 cups)
- 10 (10-inch) wooden skewers
- Granola for garnish (optional)

- 1.** In small microwave-safe bowl, cook coconut in microwave oven on high 1½ to 2 minutes or until toasted, stirring every 30 seconds.
- 2.** In medium serving bowl, whisk together yogurt and cream cheese until smooth. Stir in coconut. Cover and refrigerate until ready to serve.
- 3.** Alternately thread fruit onto skewers. Sprinkle dip with granola, if desired, and serve with fruit kabobs.

*Approximate nutritional values per serving:
125 Calories, 4g Fat (3g Saturated), 13mg Cholesterol,
40mg Sodium, 20g Carbohydrates, 2g Fiber, 3g Protein*