

Fruit Kabobs & Fruit Dip



Serving Size

5



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 1 cup pineapples
- 1 cup strawberries
- 1 cup green grapes
- 1 cup peaches
- 1 cup blueberries

Fruit Dip

- -3/4 cup Strawberry Greek Yogurt
- -3 tbsp light cream cheese

Directions

1. Wash and trim all fruit into bite sized pieces.
2. Slide fruit onto kabob sticks alternating the fruit.
3. In a bowl mix together strawberry greek yogurt and light cream cheese.
Enjoy

Nutrition Facts

Serving: 5

Amount per serving

Calories 125

Sodium 60 mg

Potassium 275 mg

Phosphorus 80 mg

Carbohydrates 24 g

Protein 5 g