



Fruit Fondue with Yogurt Sauce

Makes 12 Child Sized Portions

Preparation time: 20 minutes

Cooking time: 0 minutes

Common allergens: dairy

Equipment List

- Forks (one per student)
- Paring knife
- Vegetable peeler
- Cutting knife
- Cutting board
- Can opener
- Bowls/small dishes to serve yogurt

Nutrition Information

| | |
|---------------|---------------|
| Calories | 72.6 calories |
| Total Fat | 0.3 g |
| Saturated Fat | 0.1 g |
| Sodium | 48.8 mg |
| Carbohydrate | 14.9 g |
| Fibre | 1.1 g |
| Protein | 3.6 g |
| Sugar | 12.3 g |

What You Need

| INGREDIENTS | AMOUNTS | METRIC |
|--|---------|--------|
| Non-fat or low-fat plain yogurt sweetened with honey or maple syrup | 3 cups | 750 mL |
| Variety of fruit (apple, banana, canned pineapple tidbits, kiwi, cantaloupe or honeydew melon, quartered grapes, strawberries, mandarin orange segments or anything available) | | |

Instructions

1. Wash, peel and chop all fruit into large chunks.
2. Distribute fruit to children.
3. Dish out yogurt into individual dishes and dip the fruit into the yogurt using a fork.



Recipe taken from Healthy Afterschools