

## **Cooking for Wellness**

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## Tropical Fruit Skewers with Strawberry Yogurt

Yield: 8 Skewers

Preparation time: 15 minutes

## Ingredients

2 star fruit, sliced 1/4 inch thin

1 pineapple, peeled and cubed

1 can mandarin oranges, drained

3 kiwis, peeled, halved and sliced

1 jar maraschino cherries

12oz of your favorite strawberry yogurt

12 small bamboo skewers



## Instructions

- To assemble the skewer add a piece of star fruit, then kiwi, then pineapple, then mandarin orange and top with a cherry.
- To serve, put about 2 ounces of yogurt in the bottom of a cup and place 2 skewers on top