Fruit Kabobs (Fruit Sauces)

Ingredients:

Kabobs
4 Kiwi, peeled and cut
16 pineapple chunks
16 strawberries
8 six-inch skewers

Strawberry Sauce
8 oz. strawberry yogurt
1/2 cup reduced-fat sour cream
2 tbsp. all-fruit strawberry spread

Raspberry Sauce
1/2 quart raspberries
1/4 cup sugars, granulated
1 tsp lemon juice

Directions:

Kabobs:
Alternately thread the fruit on each of eight 6-inch skewers.

Strawberry sauce:
Stir together the yogurt, sour cream and fruit spread.

Raspberry sauce:
In a blender or food processor, combine raspberries, sugar, and lemon juice. Puree until smooth. Strain the puree; discard seeds.

Recipe from FreshFoods.com & FoodGeeks.com