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Caribbean Fruits with Key Lime Dip

Prep Time: 15 mins

Total Time: 15 mins

Ingredients

- 8 ounce(s) yogurt, fat-free key lime
- 1 1/2 cup(s) cream cheese, fat-free
- 2 tablespoon sugar, powdered
- 1 teaspoon coconut extract
- 1 medium mango(es), 1 cup cubes
- 1 cup(s) pineapple chunks, fresh or canned pineapple chunks in juice, drained
- 2 cup(s) strawberries, whole
- 2 kiwi, peeled and cut into wedges
- 12 skewer, bamboo

Preparation

1. Combine first 4 ingredients in a medium bowl; beat at medium speed of an electric mixer until smooth.
2. Thread fruit alternately onto each wooden skewer. Serve skewers with dip.

Yield: 6 servings (serving size: 2 fruit skewers and about 1/3 cup dip).