



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://Veterans-For-Change.com)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



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).