**Mini Fruit Kabobs with Strawberry Yogurt Fruit Dip**

**Ingredients**
- 2 (6oz) containers fat-free strawberry yogurt
- 1 (8oz) container Cool Whip
- Seasonal Fruit

**Directions**
1. Layer seasonal fruit on a stick and I’m sure they’ll eat it. Choose fruit that doesn’t brown easily such as berries and grapes. Yogurt makes the perfect fruit dip.

2. Mix ingredients together and serve with fresh fruit of choice. Store leftovers in an air-tight container in the fridge. It will last for up to 3 days.

*You can really use any flavor of yogurt. Looking for a way to get more protein? Try this recipe with Greek yogurt!*

---

**Granola Bites**

**Ingredients**
- Vegetable Oil for greasing cake pan
- 1/3 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1 ripe banana
- 2 tablespoons firmly packed dark brown sugar
- 2 tablespoons vegetable/canola oil
- 2 tablespoons honey
- 1 egg white
- 1 teaspoon vanilla extract
- 1 1/3 cups granola

**Directions**
1. Preheat oven to 350*. Lightly grease an 8 inch square cake pan with oil.
2. Put the flour, baking soda, and cinnamon in small bowl and stir till combined.
3. Peel banana and set it on plate. Mash the banana with a fork. Put the banana in a med. Mixing bowl. Add the brown sugar, oil, honey, egg white, and vanilla into bowl. With the electric mixer, set on medium speed, beat until mixture is just blended. With the electric mixer set on low speed, beat in the flour mixture just until blended. With the wooden spoon, stir in the granola.
4. Using a rubber spatula, scrape the mixture into the oiled pan, then spread the mixture evenly in the pan.
5. Place the pan in the oven. Bake until the top is a light golden brown and a toothpick stuck into the center comes out clean- about 15 min.
6. Put the cooling rack on the counter. Using the pot holders, remove the pan from the oven and put it on the rack. Let cool completely. Using a knife, cut into 16 squares. Using the metal spatula, remove the bars from pan.