



Learn to Make a Nutritious Snack That Kids Will Enjoy

Imagine combining the fun of snack time with a recipe packed with all the essential nutrients your child needs and can enjoy! Let's dive into a colourful, delicious recipe that's perfect for any day: Fruit Kabobs with Yogurt Dip.

KixTips

This will make those picky eaters come back for seconds!

SECTION 1

Assembling Fruit Kabobs

- **Select Favourite Fruits:** Choose favourites like strawberries, pineapple, and kiwi.
- **Prep & Slice:** Cut fruits into bite-sized pieces.
- **Skewer Creatively:** Thread fruits onto skewers to create a playful, edible rainbow.
- **Nutritional Appeal:** Bite-sized pieces are visually appealing and packed with vitamins and minerals, perfect for enticing picky eaters.



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Engaging kids in the preparation makes them more excited to eat the final product!

SECTION 2

Healthy Yogurt Dip

- **Combine Ingredients:** Mix creamy Greek yogurt with honey or maple syrup and a splash of vanilla.
- **Enhance Flavour:** Add a squeeze of lemon for extra zing.
- **Nutritional Benefits:** The dip adds a protein boost, ensuring each bite is nutritious and delicious.

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This dip is not only healthy but also adds a delightful flavour that complements the fruit kabobs perfectly!