

Summer Fruit Kabobs

A diabetic-friendly recipe

Ingredients:

- 1/2 cup low-fat sour cream
- 1 1/2 tablespoons fresh lime juice
- Sugar substitute equivalent of 1 tablespoon sugar
- 1/2 teaspoon grated lime zest
- 1/2 ripe honeydew melon (about 2 pounds), peeled, seeded, and cut into cubes
- 1 pound strawberries or blackberries, cleaned
- 4 skewers



Directions

1. Combine the sour cream, lime juice, sugar substitute, and lime zest in a small bowl.
2. Cover and refrigerate until ready to serve.
3. Alternate the melon and strawberries on four skewers.
4. Arrange on a platter.
5. Cover and refrigerate for up to an hour.
6. To serve, spoon a puddle of the lime cream on a dessert plate. Top with a fruit skewer and serve.

Makes 4 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.