Rainbow Fruit Kabobs

- Wooden skewers
- Red fruits (strawberries, apples, raspberries)
- Orange fruits (oranges, cantaloupe)
- Yellow fruits (bananas, pineapple)
- Green fruits (green grapes, kiwi)
- Purple fruits (blueberries, red/purple grapes)

Wash all fruit under running water. Cut whole fruit into pieces about the same size. Add fruit one at a time to the skewer, starting with the red fruit, until each color has been added. Serve with yogurt as a dip.