

Learn how to make  
**Cupid's Fruity  
Arrows & Dip**



by



### INGREDIENTS

#### For the arrows:

- ½ cup strawberries, halved
- 1 cup blueberries
- 1–2 clementines
- 6 wooden skewers or straws

#### For the dip:

- 2 cups strawberries, fresh
- 1 ½ cups strawberry Greek yogurt
- 2 tablespoons pure maple syrup

### INSTRUCTIONS

1. Prep your fruit. Wash all your fruit. Peel the clementines. Use a butter knife to cut the strawberries in half.
2. Take a skewer and add one strawberry to the top, blueberries in the middle, and two clementine wedges at the end.
3. To make the dip: Add the strawberries, yogurt, and maple syrup to a blender. Pulse until smooth. Serve with fruit kabobs.

Serves 6.



Recipes adapted from: <https://dietitiandebbie.com/healthy-strawberry-yogurt-fruit-dip/>  
and <https://healthyfamilyproject.com/recipes/strawberry-valentines-day-skewers/>

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