

Frozen Fruit Cups

Ingredients:

- 3 bananas, mashed
- 24 ounces yogurt, non-fat strawberry flavored (or plain)
- 10 ounces strawberries, frozen, thawed, undrained
- 1 can (8 ounces) crushed pineapple, undrained

Preparation:

1. Line muffin tin(s) cups with paper baking cups (18 total).
2. In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple.
3. Spoon into muffin tin and freeze at least 3 hours or until firm.
5. Remove frozen cups and store in a plastic bag in the freezer.
6. Before serving, remove paper cups.



Nutritional Information

Serving Size: 1/18 of recipe

Yield: 18 servings

Source: SNAP-Ed Connection and ChooseMyPlate.gov

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	--
	Fruits	¼ c
	Dairy	¼ c
	Protein	--

Nutrient Totals

Per Serving:

Calories	50
Total Fat	0 g
Saturated Fat	0 g
Sodium	25 mg
Protein	2 g