

## Frosty Fruit Cones

*A real 'cool' treat!*

4 servings

### Ingredients:

- 1 cup fresh, sliced strawberries (about 5 whole)
- 1/4 cup sugar
- 1 1/2 cups (12 ounces) plain or strawberry nonfat yogurt
- 4 ice cream cones

### Directions:

1. Place strawberries, sugar and yogurt in a blender. Cover and blend until smooth.
2. Pour mixture into a shallow container with lid and freeze at least 12 hours.
3. Scoop the frozen mixture into ice cream cones and serve.

*Nutrition Facts: One cone provides 160 calories, 1g total fat, 5mg cholesterol, 45mg sodium, 35g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension  
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**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Frosty Fruit Cone  
Animal Crackers

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