Frozen Fruit Cups

A frozen, fruit-filled treat! 18 servings

Ingredients:

3 bananas

3 containers (8 ounces each) fat-free strawberry yogurt

1 package (10 ounces) frozen strawberries, thawed and undrained

1 can (8 ounces) crushed pineapple, undrained

Directions:

- 1. Line 18 muffin-tin cups with paper baking cups.
- 2. Dice or mash bananas and place in a large mixing bowl.
- 3. Stir in remaining ingredients.
- 4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
- 5. Before serving, remove paper cups and let stand 10 minutes.

Nutrition Facts: One fruit cup provides 50 calories, 0g total fat, 0mg cholesterol, 25mg sodium, 12g 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

Frozen Fruit Cups

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K-State Research and Extension

Family Nutrition Program

www.kidsacookin.ksu.edu

Chef's Choice

Oatmeal Cookie

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Chef's Choice

Oatmeal Cookie

Low Fat Milk

Frozen Fruit Cup

Low Fat Milk

Frozen Fruit Cup

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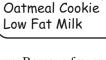
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Oatmeal Cookie



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