Frozen Fruit Cups
Yield: 18 servings

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

INSTRUCTIONS

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.
4. Remove frozen cups and store in a plastic bag in the freezer.
5. Before serving, remove paper cups.

NOTES

Serving Size: 1 frozen fruit cup

Nutrition Facts per Serving:
Calories 50
Total fat 0g
Saturated fat 0g
Sodium 25mg
Protein 2g

Source: SNAP-Ed Connection