

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