



## September 19- Frozen Fruit Cups

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/frozen-fruit-cups>

### Recipe

*Ingredients:*

- 3 bananas
- 24 ounces yogurt, non-fat strawberry
- 10 ounces strawberries
- 8 ounces crushed pineapple

*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.

Yield 18 servings

### Nutrition Facts

Serving Size 1 fruit cup (85.82g)  
Servings Per Container 18

**Amount Per Serving**

**Calories** 60      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 20mg      **1%**

**Total Carbohydrate** 14g      **5%**

Dietary Fiber <1g      **4%**

Sugars 10g

**Protein** 2g      **4%**

Vitamin A 0%      •      Vitamin C 15%

Calcium 6%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.