



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.