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

| Amount Per Serving | Calories 60 | Calories from Fat 0
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td>Saturated Fat 0g 0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Cholesterol 0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 20mg</td>
<td>1%</td>
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<tr>
<td>Total Carbohydrate 14g</td>
<td>5%</td>
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<tr>
<td>Dietary Fiber &lt;1g</td>
<td>4%</td>
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<tr>
<td>Sugars 10g</td>
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<tr>
<td>Protein 2g</td>
<td>4%</td>
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</tbody>
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Vitamin A 0% • Vitamin C 15%
Calcium 6% • Iron 0%

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