



FROZEN FRUIT CUPS

Serving: 1 muffin cup

Servings: 18

Ingredients:

- 3 bananas
- 24 ounces yogurt, nonfat strawberry
- 10 ounces strawberries, frozen - thawed and undrained
- 8 ounces undrained, canned crushed pineapple

Instructions:

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.

Nutrition Facts			
Serving Size 1 fruit cup, 1/18 of recipe (86g)			
Servings Per Container			
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 12g			4%
Dietary Fiber 1g			4%
Sugars 8g			
Protein 2g			
Vitamin A 0%		Vitamin C 15%	
Calcium 6%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4
			• Protein 4

Source:

Adapted from:
Kids a Cookin'
Kansas Family Nutrition Program

Author:
Kansas Family Nutrition Program
<http://www.kidsacookin.ksu.edu/>

