

Frozen Fruit Cups

Serving Size: 1/18 of recipe

Yield: 18

Ingredients:

3 each 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.



Frozen Fruit Cups (continued)

Cost:

Per Recipe: \$ 4.00

Per Serving: \$ 0.24

Nutrition Facts Per Serving: Serving Size 1/18 of recipe (86g), Calories 50, Total Fat 2.5g, Cholesterol 0 mg, Sodium 25mg, Total Carbohydrate 12g, Protein 2g, Calcium 6%

Source:

Adapted from:

Kids a Cookin'

Kansas State University Family Nutrition Program

Buffalo County Wisconsin Nutrition Education Program
407 S. Second Street, Alma, WI 54610. Phone: 1-608-685-6256

Pepin County Wisconsin Nutrition Education Program
740 7th Ave W, PO Box 39, Durand, WI 54736. Phone 1-715-672-5214

This information is published by the University of Wisconsin-Extension Service in cooperation with USDA and Wisconsin Counties. UW Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call Buffalo County: 608-685-4412 or Pepin County: 715-672-8941

