

Frozen Fruit Cups

Ingredients:

- 3 bananas
- 24 ounces yogurt with fruit, nonfat, strawberry flavored
- 10 ounces strawberries, frozen, thawed, with juice
- 8 ounces crushed pineapple in juice

Equipment:

- Paper baking cups
- Muffin tin
- Large mixing bowl
- Potato Masher
- Mixing spoon

Number of Servings: 12
 Prep Time: 10 minutes
 Total time: 3 hours

Directions

1. Line 12 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze for at least 3 hours or until firm.
5. Place frozen cups in freezer bags and place in freezer. Before serving, remove paper cups and let stand 10 minutes before serving.

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| Nutrition Facts | | | |
|-------------------------------|---------------------|---------------|-----|
| Serving Size: 1 frozen cake | | | |
| Servings: 12 | | | |
| Amount Per Serving | | | |
| Calories 110 | Calories from Fat 3 | | |
| | | %Daily Value* | |
| Total Fat trace g | | | 0% |
| Saturated Fat | trace g | | 0% |
| Cholesterol 0mg | | | 0% |
| Potassium 273mg | | | 8% |
| Sodium 34mg | | | 1% |
| Total Carbohydrate 26g | | | 9% |
| Dietary Fiber | 1g | | 5% |
| Protein 3g | | | 6% |
| Vitamin A | 1% | Vitamin C | 24% |
| Iron | 2% | Calcium | 9% |

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

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