

Recipes

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.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

Serving Size: 1 frozen cake

Amount Per Ser		Oslarias from	Cat 0			
Calories 110		Calories from				
	%Dai					
Total Fat trace g			0%			
Saturated Fat trace g			0%			
Cholesterol 0mg			0%			
Potassium 273mg Sodium 34mg Total Carbohydrate 26g Dietary Fiber 1g			8% 1% 9%			
				5%		
				Protein 3g		
			Vitamin A	1%	Vitamin C	24%
Iron	2%	Calcium	9%			



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