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.

Source:

Adapted from:
Kids a Cookin’
Kansas Family Nutrition Program

Author:
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http://www.kidsacookin.ksu.edu/