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## Frozen Fruit Cups

### Ingredients:

- 3 bananas
- 24 ounces nonfat strawberry yogurt
- 10 ounces frozen strawberries, thawed, with their juice
- 8 ounces can crushed pineapple, with the juice

*Makes 18 servings - 0% calories from fat*

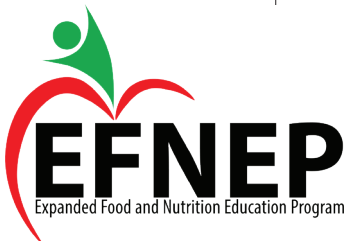
### Instructions:

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 yogurt, strawberries with juice and pineapple juice.
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. Before serving, remove paper cups and let stand 10 minutes.

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book (USDA)

<b>Nutrition Facts</b>	
18 servings per container	
<b>Serving size</b>	<b>1 frozen fruit cup (86g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 61mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 85mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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