

Frozen Fruit Cups

A frozen, fruit-filled treat!

 **Level: Easy**

Makes: 18

Kids' Tool Kit

Muffin tins
Paper baking cups
Cutting board
Knife
Large mixing bowl
Spoon
Can opener

Chef's Choice

Frozen Fruit Cup
Oatmeal cookie
Low fat milk

Ingredients:

- 3 bananas
- 3 containers (8 ounces each) fat-free strawberry yogurt
- 1 package (10 ounces) frozen strawberries, thawed and undrained
- 1 can (8 ounces) crushed pineapple, undrained



Directions:

Remember to wash your hands!

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.



Helpful Hints: Turn these Frozen Fruit Cups into popsicles by pouring the mixture into 7-ounce cups and putting them in the freezer. When partially frozen, put a plastic spoon or popsicle stick in the center of the cup and freeze until firm.



Safety Tip: Germs are everywhere! Remember to wash your hands after playing outside or with pets, and always before working with food!

Nutrition Facts

Serving Size 1 fruit cup (86g)
Servings Per Container 18

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber less than 1 gram 4%

Sugars 10g

Protein 2g

Vitamin A 0% • Vitamin C 15%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

