

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Frozen Fruit Cups

- 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
- 18 paper baking cups

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.



### Nutrition Facts

Serving Size 1 fruit cup  
Servings Per Container 18

**Amount Per Serving**  
Calories 5 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	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



### Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Bananas	Produce
Strawberry Yogurt	Dairy
Strawberries	#7
Pineapple	#5
Baking Cups	\$11

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