Frozen Fruit Cups
Makes 18 servings

Ingredients:
3 bananas
24 ounces nonfat strawberry yogurt
10 ounces frozen strawberries, thawed, with their juice
8 ounces canned crushed pineapple, with the juice

Directions:
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 with 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)