

FROZEN FRUIT CUPS

Prep Time: 10 minutes

Cook Time: 1 hour

Included in Box:

- 1 (15 oz) can fruit cocktail, packed in juice
- 2 (7 oz) cans mandarin oranges, packed in juice, drained

Additional Ingredients Needed:

- 2 medium bananas, chopped into chunks

Directions:

1. Combine fruit cocktails (with juice), mandarin oranges and banana.
2. Spoon fruit mixture into muffin tins or small bowls, cover and freeze for 1 hour before serving.

Tip:

Pair this dish with a well-rounded breakfast of scrambled eggs and skim milk or pair with almonds for a refreshing snack.



Nutrition Facts*

Total Servings: 6
Serving Size: 1 fruit cup (½ c.)
Calories: 120
Fat: 0 g
Sodium: 9 mg
Carbohydrates: 30 g
Fiber: 2 g
Protein: 1 g
Carbohydrate Servings: 2

**Nutrient facts include canned fruit cocktail in juice, canned mandarin oranges in light syrup and 2 medium bananas.*