

Freezer Fruit Cups

- 2** ½ cups sliced strawberries, you can also use frozen
- 12** oz. frozen orange juice concentrate, softened
- 2** 20 oz. cans crushed pineapple, or use the same amount fresh
- 1** 16 oz. can mandarin oranges in juice
- ⅓ cup lemon or lime juice
- 6** medium bananas, sliced

Servings/Yield

24 fruit cups

Method

Combine all ingredients including fruit juices. Tuck pieces of plastic wrap into muffin cups, allowing edges to hang over cup edge. Spoon fruit into lined muffin cups and freeze. Once fruit is frozen, place liners with frozen fruit in freezer bags. Alternatively, scoop fruit mixture into 4 oz plastic storage containers, seal with lid and freeze.

To serve: Take fruit cup from freezer about 30 minutes prior to serving. Remove plastic wrap and place in cup or bowl.
