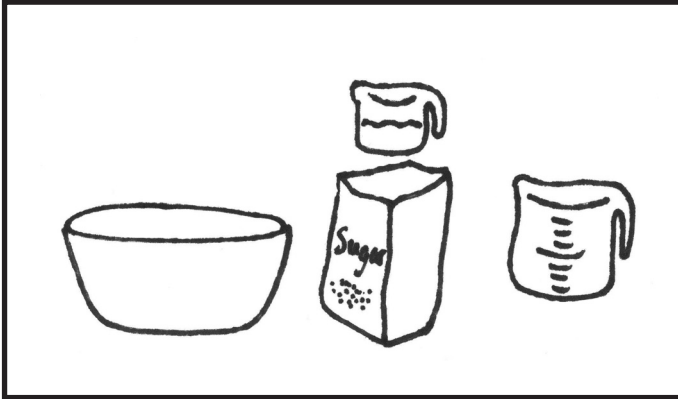


# Frozen Fruit Cups

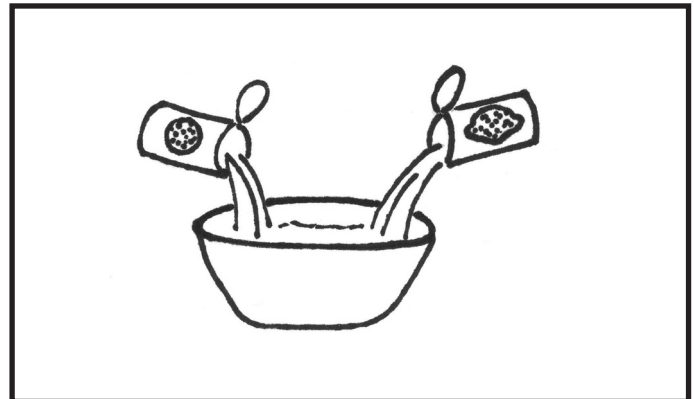
Makes 24 Frozen Fruit Cups.

CACFP credit: 1 “Frozen Fruit Cup” counts as 1/3 cup fruit.

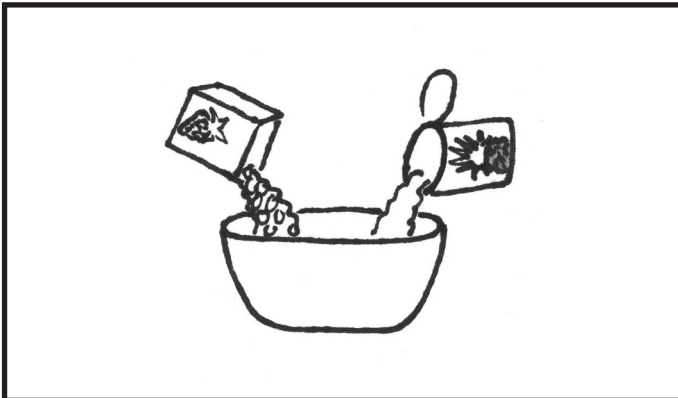
Recipe adapted from: allrecipes.com, 2008.



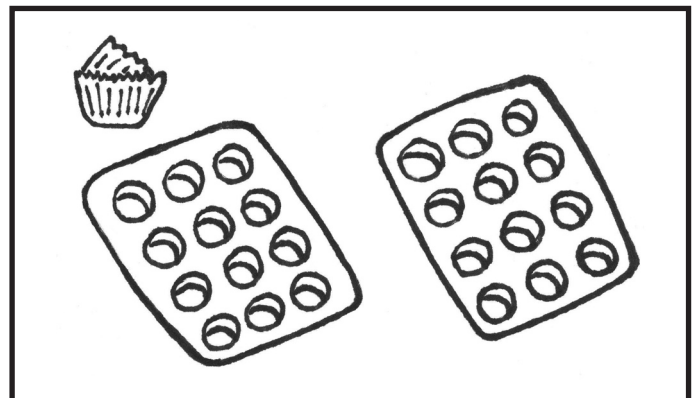
1. Pour 2 cups water in a large bowl. Mix in 1/2 cup sugar until dissolved.



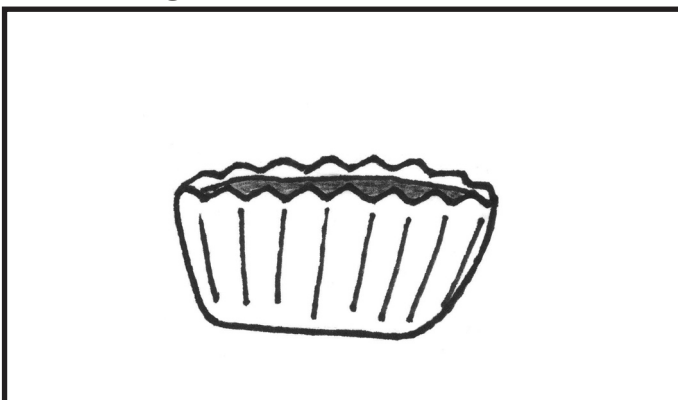
2. Mix in 1 (6 ounce) can each frozen orange juice concentrate and lemonade concentrate.



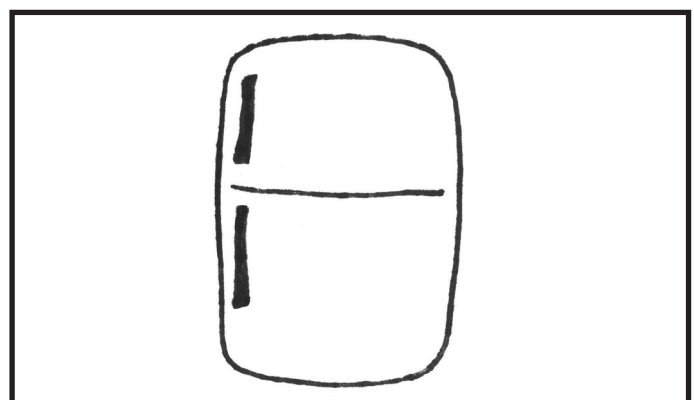
3. Add 1 (20 ounce) can crushed pineapple and 1 (10 ounce) package frozen strawberries.



4. Line 24 muffin cups with cupcake liners.



5. Fill the muffin cups with fruit mixture (about 1/3 cup each).



6. Freeze. Let sit 5 minutes before serving.