

Eat 
Smart!



K-STATE
Research and Extension

Wildcat District

Lunchbox Frozen Fruit Cups

Ingredients:

- 16 ounces frozen blueberries & strawberries mix
- 2 ½ large bananas
- 1 can (15 ounces) mandarin oranges
- 1 can (20 ounces) crushed pineapple
- ¼ cup + 1 tablespoon freshly squeezed lemon juice
- ½ container pineapple orange apple juice concentrate
- 8 8-ounce mason jars or Tupperware containers

Directions:

1. Allow the frozen berries mix and juice concentrate to thaw.
2. Remove the peel from the bananas and chop into small pieces.
3. In a large bowl, combine the thawed berries, chopped bananas, undrained mandarin oranges, undrained crushed pineapple, freshly squeezed lemon juice, and 6 oz of the concentrate.
4. Mix everything together gently.
5. Portion the ingredients into 1-cup increments in 8 separate freezer-safe containers.
6. Freeze overnight.
7. When ready to enjoy, pop in a lunchbox and eat at lunch or let sit out for about 45 minutes at room temperature and enjoy the slushy frozen fruit.

Nutrition Facts

| | |
|-------------------------------|-------------|
| 8 servings per container | |
| Serving size | 8 oz |
| Amount per serving | |
| Calories | 180 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 15mg | 1% |
| Total Carbohydrate 43g | 16% |
| Dietary Fiber 3g | 11% |
| Total Sugars 34g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 1mg | 6% |
| Potassium 444mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Putting Healthy Food
Within Reach

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Pittsburg 620-232-1930
Girard 620-724-8233
Altamont 620-784-5337
Independence 620-331-2690
Fredonia 620-378-2167

www.wildcatdistrict.k-state.edu