

Sarah's Fourth of July Frozen Fruit Cups

Makes: 10 cups

Ingredients:

- 1 can frozen pineapple juice concentrate, thawed
- 4 ½ cups water
- ¼ cup granulated sugar
- ¼ cup honey
- 1 cup cherries, pitted
- 1 cup raspberries
- 1 cup blueberries
- 1 cup blackberries
- 2 bananas, sliced ¼-inch thick
- 1 can crushed pineapple, undrained (either regular or small can)
- 1 can frozen lemonade or orange juice concentrate, thawed



Directions:

Add the pineapple concentrate and water to a large pot and stir well until the concentrate is fully dissolved. Add the sugar and honey and stir well until the sugar is dissolved.

Add the remaining ingredients and taste the mixture to add more honey or sugar as desired.

Place 10 plastic cups on a large baking sheet. Fill each cup with an even mixture of fruit and juice, leaving about a half inch at the top. Place the baking sheet in the freezer until frozen solid, at least 4 hours.

Remove the cups from the freezer and let them sit at room temperature for 45 to 60 minutes before serving. The cups can be stored in the freezer for up to 2 months, covered or in an airtight container.

Sarah's Tips:

- You can use any mix of fresh, frozen or canned fruit for this recipe.
- Add 2 tablespoons of fresh mint leaves to make the cups even more refreshing.
- For an elegant touch, add a drizzle of Limoncello or Grand Marnier to the cups just before serving.

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