

## Strawberry Banana Pineapple

YIELD: 36 ounces  
10 MONTHS PLUS

### Ingredients:

1 ½ pounds strawberries  
3 bananas  
¼ pineapple  
8 ounces water

### Directions:

- Remove stems of strawberries and then wash the berries.
- Cut each banana into 4-5 pieces.
- Cut the pineapple into pieces approximately the size of the strawberries.
- Put everything into a 4-quart pot.
- Turn the burner on high and cover with a lid.
- Cook for approximately 6 minutes, stirring once.
- Pour everything from the pot into a strainer with a bowl underneath to save the juice.
- Pour the cooked fruit into the blender. Puree until smooth using 2-4 ounces of the reserved juice if necessary to adjust consistency.
- Pour into two ice cube trays and allow to cool.
- Wrap and freeze.

