



May 11- Pocket Fruit Pies

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pocket-fruit-pies>

Recipe

Ingredients:

- 4 flour tortillas (8 inch)
- 2 peaches, pears, or apples (medium)
- ¼ teaspoon cinnamon (ground)
- 2 Tablespoons brown sugar
- 1/8 teaspoon nutmeg (ground)
- 2 Tablespoons milk
- Sugar (optional)

Directions:

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place ¼ of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350°F in oven for 8-12 minutes or until lightly brown.

Yield 4 servings

Nutrition Facts

Serving Size 1 fruit pie (133.48g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 16g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 6%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.