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
- ⅛ 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. Back at 350°F in oven for 8-12 minutes or until lightly brown.

Yield 4 servings

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**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 160</th>
<th>Calories from Fat 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat 2.5g</td>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 210mg</td>
<td>Total Carbohydrate 33g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>Sugars 16g</td>
<td>Protein 3g</td>
</tr>
<tr>
<td>Calcium 6%</td>
<td>Vitamin A 0%</td>
<td>Vitamin C 6%</td>
</tr>
<tr>
<td>Iron 6%</td>
<td></td>
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</tbody>
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* Percent Daily Values are based on a 2,000 calorie diet.