



November 13- Peachy Peanut Butter Pita Pockets

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peachy-peanut-butter-pita-pockets>

Recipe

Ingredients:

- 2 pita pockets (medium, whole wheat)
- ¼ cup peanut butter (reduced fat, chunky)
- ½ apple (cored and thinly sliced)
- ½ banana (thinly sliced)
- ½ peach (fresh, thinly sliced)

Directions:

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Yields 4 servings

Nutrition Facts	
Serving Size 1/2 pita (102.25g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	17%
Sugars 8g	
Protein 8g	17%
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	