



Peachy Peanut Butter

Pita Pockets

Delicious, nutritious, and sure to be a kid favorite!

Makes 4 servings. $\frac{1}{2}$ pita pocket per serving.

Prep time: 10 minutes Cook time: 10 seconds

Ingredients

- 2 medium whole wheat pita pockets
- 1/4 cup reduced fat chunky peanut butter
- 1/2 apple, cored and thinly sliced
- 1/2 banana, thinly sliced
- 1/2 fresh peach, thinly sliced

Preparation

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.

Nutrition information per serving:

Calories 180

Carbohydrate 26 g

Dietary Fiber 4 g

Protein 7 g,

Total Fat 7 g,

Saturated Fat 1 g,

Trans Fat 0 g

Cholesterol 0 mg

Sodium 217 mg