



# 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

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| 2 medium whole wheat pita pockets                  | $\frac{1}{2}$ banana, thinly sliced      |
| $\frac{1}{4}$ cup reduced fat chunky peanut butter | $\frac{1}{2}$ fresh peach, thinly sliced |
| $\frac{1}{2}$ apple, cored and 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