

Peachy Peanut Butter Pita Pockets

Makes: 4 servings

Ingredients

2 pita pockets (medium, whole wheat)

1/4 cup peanut butter (reduced fat, chunky)

1/2 apple (cored and thinly sliced)

1/2 banana (thinly sliced)

1/2 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.

Source: California Champions for Change, Snack RecipesCalifornia Department of Public Health, Network for a Healthy California

Nutrition Information

Nutrients	Amount
Calories	210
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	260 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available