

Peachy Peanut Butter Pita Pockets

Yield:4 servings

Serving Size:1/2 pita pocket

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)

Instructions

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 Facts			
Serving Size 1/2 pita pocket (100g)			
Servings Per Container 4			
Amount Per Serving			
Calories 210		Calories from Fat 60	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 260mg		11%	
Total Carbohydrate 33g		11%	
Dietary Fiber 4g		16%	
Sugars 7g			
Protein 7g			
Vitamin A 2%		Vitamin C 6%	
Calcium 0%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			