

Peanut Butter and Banana Pockets

Packed with fruit, protein, and whole grains, these pockets are perfect for an easy and delicious snack or dessert!

Makes: 4 servings

Prep Time: 10 minutes
Cook Time: 10 minutes

Source: CookingMatters.org, Peanut Butter and Banana Pockets

Ingredients

- 3 ripe bananas
- 3 Tablespoons creamy peanut butter
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Lightly coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 folded quesadilla

Nutrients	Amount
Calories:	300
Total Fat:	11 g
Saturated Fat:	2.5 g
Cholesterol:	0 mg
Sodium:	370 mg
Total Carbohydrates:	47 g
Dietary Fiber:	3 g
Total Sugars:	14 g
Protein	8 g

Utensils Needed

- Cutting board
- Knife
- Measuring spoons
- Small bowl
- Whisk or spoon
- Large skillet
- Spatula

SHOPPING LIST

Average total cost without oil and seasonings: \$7.87

Average cost/serving: \$1.97

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 3 to Cart
Bananas



Add 1 to Cart
Honey (12 oz.)



Add 1 to Cart
Creamy Peanut Butter (18 oz.)



Add 1 to Cart
Whole Wheat Tortillas (10 count)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the quesadilla while cooking.
- Try making with Sunflower Seed butter in place of peanuts for a nut-free version.