

Peachy Peanut Butter Pita

Packed with fresh fruit, this pita pocket makes a wonderful breakfast, lunch, or snack. If you don't have peaches, try with plums or nectarines.

Makes: 4 servings

Prep Time: 5 minutes
Cook Time: 10 seconds

Source: www.myplate.gov

Ingredients

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

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.
4. Serve at room temperature. Refrigerate any leftovers.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 Pita Pocket	
Nutrients	Amount
Calories:	183
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	197 mg
Total Carbohydrates:	26 g
Dietary Fiber:	4 g
Total Sugars:	7 g
Added Sugars:	1 g
Protein	7 g

Utensils Needed

- Cutting Board
- Knife
- Plate
- Butter Knife
- Measuring Cups

SHOPPING LIST

Average total cost without oil and seasonings: \$6.10

Average cost/serving: \$1.53

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 1 to Cart
Fresh Apple



Add 1 to Cart
Fresh Nectarine or Peach



Add 1 to Cart
Fresh Banana



Add 1 to Cart
Peanut Butter, 18 oz



Add 1 to Cart
Whole Wheat Pitats, 4 ct

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- The extra fruit can be used to make a tasty fruit salad or over top of some yogurt!
- Extra pitas can be used in place of bread making a sandwich such as chicken salad or tuna salad.
- Peanut butter is a great way to bulk up your snacks! Check out Cranberry Oatmeal Balls, Loaded Apple Slices and other recipes on www.snapedny.org for more recipe inspiration!