

## Peanut Butter Pita Pocket

*A handheld snack filled with fruit!*

1 serving

### Ingredients:

- 1 banana
- 3 tablespoons peanut butter
- 1 apple
- 1 (7-inch) round piece whole-wheat pita bread

### Directions:

1. Peel the banana and mash it in a bowl with the back of a spoon or pastry blender.
2. Add peanut butter; stirring well to combine.
3. Core, peel and chop apple.
4. Cut pita bread in half, spread peanut butter mixture inside each half and fill with chopped apple.

**Nutrition Facts:** One pita provides 640 calories, 27g total fat, 0mg cholesterol, 570mg sodium, 91g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Peanut Butter Pita Pocket  
Low Fat Milk

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