

## Pocket Fruit Pies

*A simple snack that's full of fruit and flavor!*

4 servings

### Ingredients:

4 (8-inch) flour tortillas  
1 large apple or 2 medium peaches or pears  
1/4 teaspoon ground cinnamon  
2 tablespoons brown sugar  
1/8 teaspoon ground nutmeg  
2 tablespoons milk  
sugar (optional)

### Directions:

**1.** Warm tortillas in microwave or oven to make them easier to handle. **2.** Peel and chop fruit into small pieces. **3.** Place 1/4 of the fruit in each tortilla **4.** In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit **5.** Roll up the tortillas. **6.** Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. **7.** Bake in a 350 degree oven for 8 to 12 minutes or until lightly brown. **8.** Serve warm or cold.

**Nutrition Facts:** One fruit pocket provides 300 calories, 5g total fat, 0mg cholesterol, 350mg sodium, 55g 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.

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Kids a Cookin'

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**Chef's Choice**  
Pocket Fruit Pies  
Milk

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