

Peanut Butter Pita Pocket

A handheld snack filled with fruit!

 Level: Easy

Makes: 1

Kids' Tool Kit

Cutting board
Knife
Scissors
Peeler
Tablespoon
Mixing bowl
Spoon

Ingredients:

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



Directions:

Remember to wash your hands!

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.

Chef's Choice

Peanut Butter Pita Pocket
Low fat milk

Nutrition Facts

Serving Size 1 pita (358g)
Servings Per Container 1

Amount Per Serving		
Calories	640	Calories from Fat 240
% Daily Value*		
Total Fat	27g	42%
Saturated Fat	6g	28%
Cholesterol	0mg	0%
Sodium	570mg	24%
Total Carbohydrate	91g	30%
Dietary Fiber	13g	51%
Sugars	42g	
Protein	20g	
Vitamin A 4%		Vitamin C 25%
Calcium 4%		Iron 20%

*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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Pita bread came to America from the Middle East. The bread is often cut in half and pulled apart to form two "pockets." Meat or vegetables are then stuffed into the pocket to make a sandwich. Pita bread also can be used as pizza crust.



Safety Tip: Pita bread can be cut in half with kitchen scissors, a small knife or pizza cutter. Remember to use a clean cutting board when cutting the bread in half and chopping apples. Always peel or cut away from yourself.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.