

# Pocket Fruit Pies

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



Serves 4

## Kids' Tool Kit

Knife  
Cutting board  
Measuring spoons  
Measuring cups  
Mixing bowl  
Spoon  
Pastry brush  
Baking sheet  
Hot pad  
Spatula



## Chef's Choice

Pocket Fruit Pies  
Milk

## Nutrition Facts

Serving Size 1 fruit pocket (140g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 300	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	7%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 55g	<b>18%</b>
Dietary Fiber 4g	16%
Sugars 14g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carbohydrate	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## 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:

**Remember to wash your hands!**

1. Preheat oven to 350 degrees.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Peel and chop fruit into small pieces.
4. Place 1/4 the fruit on each tortilla.
5. In a small bowl stir together brown sugar, cinnamon and nutmeg. sprinkle over fruit.
6. Roll up the tortillas with the fruit.
7. 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.
8. Bake for 8 to 12 minutes or until lightly brown.
9. Serve warm or cold.



**Helpful Hints:** This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders!



**Safety Tip:** Allow pie to cool slightly before tasting - the steam and sugar can burn!

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).