



# PB & Fruit-stuffed Pita Pockets



Makes 8 servings

## Ingredients

- ½ cup peanut butter (creamy or crunchy)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon all spice
- ⅛ teaspoon ground ginger
- 4 whole wheat pitas, cut in halves (if not already cut)
- 1 medium apple (any kind), core removed and cut into thin slices
- 1 medium banana, peeled and cut into slices

## Directions

1. In a small bowl, combine peanut butter, cinnamon, all spice and ginger. Stir.
2. Add 1 tablespoon of spread (made in step 1) into each pita half. Use the back of a spoon or knife to spread the mixture evenly on the inside of the pita halves. Lightly stuff with sliced apple and banana.
3. Enjoy!



KID-FRIENDLY



## TIP

For an even bigger dose of potassium, enjoy this pita with low-fat milk and your favorite cut-up veggie!\*

\*Option not included in nutrition facts.

= low sodium

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## Nutrition Facts

Serving Size 1 stuffed pita half (82g)  
Servings Per Container 8

Amount Per Serving

Calories 190    Calories from Fat 80

% Daily Value\*

Total Fat 9g    14%

Saturated Fat 1.5g    8%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 180mg    8%

Total Carbohydrate 24g    8%

Dietary Fiber 4g    16%

Sugars 7g

Protein 7g

Vitamin A 0%    • Vitamin C 4%

Calcium 4%    • Iron 6%

\*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

Recipe contains: wheat, peanuts  
Carb choices per serving: 1 ½