


Peanut Butter Pita Pockets

 MENU IDEA: Peanut Butter Pita Pockets and Nonfat Milk

Ingredients:

2 apples, pears, bananas, peaches, or mangoes
2 medium whole wheat pita pockets
¼ cup chunky peanut butter


Directions:

1. Wash and slice fruit.
2. Cut pitas in half to make 4 pockets.
3. Warm each pita half in the microwave for about 10 seconds to make them more flexible.
4. Carefully open each pocket and spread about 1 tablespoon of peanut butter on the inside walls of each pita half. You may need to warm the peanut butter in the microwave for a few seconds, especially if it has been in the refrigerator.
5. Fill each pocket with sliced fruit. Serve at room temperature.

Cooking Tips

- Try different fruit combinations, such as peaches, bananas, or berries.
- Place prepared pockets in individual bags for a grab-and-go breakfast or snack. Take along milk or soup in a thermos for a carried lunch at work or on a walking trip to a park.

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