



Fruit and Nut Butter Pita Pockets

Pita pockets are great for stuffing—and this grab-and-go breakfast is sure to please. Apples, pears, and peanut butter are packed into a whole grain-rich pita to create a tasty meal kids will enjoy.

Ages: 3–5 years
Makes: 6 servings

Prep time: 15 minutes
Cook time: 0 minutes

the INGREDIENTS

3 pita rounds, whole-wheat
(at least 56 g or 2 oz each)

¼ cup + 2 Tbsp peanut butter, smooth

6 slices, apples, fresh, unpeeled, cored, ¼" slices
(~1 medium apple; gently wash apple under running water before cutting)

7 slices, D'Anjou pears, red, fresh, unpeeled, cored, ¼" slices (~1 large pear; gently wash pear under running water before cutting)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Cut each pita round in half.
3. Spread 1 Tbsp of peanut butter in each pita pocket half.
4. Cut apple and pear slices in half. Place 2 pieces of apple in each pita pocket half.
5. Place 2–3 pieces of pear in each pita pocket half.
6. Serve 1 half fruit and nut butter pita pocket. Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

1 half Fruit and Nut Butter Pita Pocket

Nutrients	Amount
Calories	203
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Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	245 mg
Total Carbohydrate	30 g
Dietary Fiber	4 g
Total Sugars	6 g
Includes Added Sugars	N/A
Protein	8 g
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Vitamin D	N/A
Calcium	14 mg
Iron	1 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


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CACFP CREDITING INFORMATION

¼ cup fruit
½ oz eq meat alternate
1 oz eq grains 

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CHEF TIPS

- **Contains wheat (pita) and peanuts (peanut butter).** Pita rounds can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pita rounds) and may be included in ingredient statements as “spice” or “flavoring.”
- **Choking Risk:** Nut butters and apple slices can be a choking risk for children under the age of 4. Try grating apples and spread peanut butter in a thin layer.
- Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.