



Toasted Pita Wedges and Fruit Dip

Love to snack on chips and dip? Try swapping tortillas for toasted pita wedges with this sweet and tasty fruit dip.

Ages: 3–5 years
Makes: 6 servings

Prep time: 10 minutes
Cook time: 20 minutes

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INGREDIENTS

1 cup apricots, halves, canned in 100 percent fruit juice, drained

1 tsp brown sugar, packed

½ tsp ginger root, fresh, grated OR **¼ tsp** ginger, dry, ground

1 ½ pita rounds, whole-wheat (at least 56 g or 2 oz each)

Nonstick cooking spray

½ tsp cinnamon, ground

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a small nonstick pot, combine apricots, brown sugar, and ginger.
4. Cook on medium-high heat for 5 minutes or until it comes to a boil. Reduce heat to medium and simmer for 8–10 minutes, until apricot reduces to $\frac{3}{4}$ cup. Heat to 140 °F for at least 15 seconds.
5. Cut each whole pita round into 8 wedges. Cut each half pita round into 4 wedges.
6. Spray pita wedges with nonstick cooking spray and sprinkle with cinnamon.
7. Place on ungreased baking sheet. Lightly toast in the oven for 5 minutes.
8. Remove pita wedges from the oven.
9. Serve $\frac{1}{8}$ cup (2 Tbsp) fruit dip with 2 wedges. Serve immediately, or keep warm at 140 °F or higher.

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NUTRITION INFORMATION

2 toasted pita wedges and 1/8 cup fruit dip

Nutrients **Amount**
Calories **70**

Total Fat **0 g**
Saturated Fat 0 g
Cholesterol 0 mg
Sodium **76 mg**
Total Carbohydrate **16 g**
Dietary Fiber 2 g
Total Sugars 1 g
Includes Added Sugars N/A
Protein **2 g**

Vitamin D N/A
Calcium 11 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

1/8 cup fruit
1/2 oz eq grains 

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CHEF TIPS

- **Contains wheat (pita rounds).** 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.”
- Fruit dip can be served cold, keep cold at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.