




## 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  
**PREP TIME:** 1 hour  
**COOK TIME:** 0 minutes

### CACFP CREDITING INFORMATION

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

### SOURCE

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Wash hands with soap and water for at least 20 seconds.
Pita rounds, whole-wheat (at least 56 g or 2 oz each)	25 oz (at least 700 g)	12½	50 oz (at least 1400 g)	25	<b>2</b> Cut each pita round in half.
Peanut butter, smooth	14 oz	1½ cups + 1 Tbsp	1 lb 12 oz	3 cups + 2 Tbsp	<b>3</b> Spread 1 Tbsp of peanut butter in each pita pocket half.
Apples, fresh, cored, unpeeled, ¼" slices* (gently wash apples under running water before cutting)	15 oz	~25 slices / 4¼ medium apples	1 lb 14 oz	~50 slices / 8½ medium apples	<b>4</b> Cut apple and pear slices in half. Place 2 pieces of apple in each pita pocket half.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pears, red, fresh, unpeeled, cored, ¼" slices* (gently wash pears under running water before cutting)	1 lb 11¼ oz	~30 slices / 4¼ large pears	3 lb 6¼ oz	~60 slices / 8½ large pears	<p><b>5</b> Place about 2–3 pieces of pear in each pita pocket half.</p> <p><b>6</b> Serve 1 half fruit and nut butter pita pocket. Serve immediately, or keep cold at 40 °F or lower.</p>

\*See Marketing Guide



**NUTRITION INFORMATION**

1 half Fruit and Nut Butter Pita Pocket

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

N/A = Data not available

**\*MARKETING GUIDE**

Food as Purchased for:	25 Servings	50 Servings
Apples, fresh	1 lb ½ oz	2 lb 1 oz
Pears, fresh	1 lb 13 oz	3 lb 9¾ oz

**NOTES**

- **Contains wheat (pita rounds) 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 apples slices can be a choking risk for children under the age of 4. Try grating apples.
- 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.

**YIELD/VOLUME**

25 Servings	50 Servings
Weight: 5 lb 7 oz	Weight: 10 lb 14 oz
Yield: 25 pita pocket halves	Yield: 50 pita pocket halves

