



FRUITY PEANUT BUTTER PITAS

PREP TIME: 5 minutes

SERVING SIZE: 1 pita half

SERVES: 2

INGREDIENTS

- ¼ cup peanut butter
- 1/8 teaspoon ground allspice
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 2 whole wheat pita pocket halves
- ½ medium banana, thinly sliced
- ½ medium apple, thinly sliced



PREPARATION

1. In a small bowl, blend the peanut butter, allspice, cinnamon and nutmeg.
2. Spread half of the peanut butter inside a pita bread half and fill with half the apples and bananas. Repeat for the other half.

SOURCE

Taste of Home.com

Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts

2 servings per container
Serving size 1 pita halve
(162g)

Amount per serving
Calories **360**
% Daily Value*

Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 47g	17%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 2mg	10%
Potassium 157mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 6/19
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PITAS DE CREMA DE CACAHUATE AFRUTADAS

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 mitad de pita

PORCIONES: 2

INGREDIENTES

- ¼ taza de crema de cacahuete
- 1/8 cucharadita de pimienta de jamaica
- 1/8 cucharadita de canela
- 1/8 cucharadita de nuez moscada
- 2 mitades de bolsillo de pita de trigo integral
- ½ plátano mediano, finamente rebanada
- ½ manzana mediana, finamente rebanada



PREPARACIÓN

- En un tazón pequeño, mezcla la crema de cacahuete, la pimienta de jamaica, la canela y la nuez moscada.
- Esparcir la mitad de la crema de cacahuete dentro de una mitad del pan de pita y llenarla con la mitad de manzanas y plátanos. Repite para la otra mitad.

FUENTE

Taste of Home.com

Receta modificada por CHOICES Programa Educativo de Nutrición

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