



PB & FRUIT POCKETS

Cost-Saving Swaps

- Use any WIC-approved peanut butter brand.
- Use whichever preferred fruit is in season or on sale.
- “Use what you have.”



PREP TIME
5 MIN



SERVINGS
1 PITA

Ingredients

- 1 whole wheat pita
- 1–2 tablespoons peanut butter or sunflower seed butter
- Apple, sliced (or preferred seasonal fruit)
- Banana, sliced
- Sprinkle cinnamon

Instructions

1. Warm pita for 10 seconds to soften
2. Cut in half to create pockets
3. Spread peanut or sunflower seed butter inside
4. Fill with sliced fruit
5. Sprinkle cinnamon and serve

MyPlate Balance:

Whole Grains: Whole wheat pita

Fruit: Seasonal fruit

Protein: Peanut or sunflower seed butter

