

## **PB & Fruit Pockets**

A balanced breakfast or snack using simple, WIC-approved staples.

### **Ingredients (1 serving)**

- 1 whole wheat pita
- 1–2 tablespoons WIC-approved peanut butter or sunflower seed butter
- ¼ apple, sliced (or preferred seasonal fruit)
- ¼ banana, sliced
- Sprinkle cinnamon

### **Directions**

Warm pita for 10 seconds to soften.

Cut in half to create pockets.

Spread peanut or sunflower seed butter inside.

Fill with sliced fruit.

Sprinkle cinnamon and serve.

### **MyPlate Balance**

Whole Grains: Whole wheat pita

Fruit: Seasonal fruit

Protein: Peanut or sunflower seed butter

### **Cost-Saving Swaps**

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