

Pocket Fruit Pies

A simple snack that's full of fruit and flavor!



Serves 4

Kids' Tool Kit

Knife
Cutting board
Measuring spoons
Measuring cups
Mixing bowl
Spoon
Pastry brush
Baking sheet
Hot pad
Spatula



Chef's Choice
Pocket Fruit Pies
Milk

Nutrition Facts

Serving Size 1 fruit pocket (140g)
Servings Per Container 4

Amount Per Serving
Calories 300 Calories from Fat 50

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	7%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 55g	18%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 7g	

Vitamin A 0% • Vitamin C 6%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 4 (8-inch) flour tortillas
- 1 large apple or 2 medium peaches or pears
- 1/4 teaspoon ground cinnamon
- 2 tablespoons brown sugar
- 1/8 teaspoon ground nutmeg
- 2 tablespoons milk
- sugar (optional)



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Peel and chop fruit into small pieces.
4. Place 1/4 the fruit on each tortilla.
5. In a small bowl stir together brown sugar, cinnamon and nutmeg. sprinkle over fruit.
6. Roll up the tortillas with the fruit.
7. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
8. Bake for 8 to 12 minutes or until lightly brown.
9. Serve warm or cold.



Helpful Hints: This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders!



Safety Tip: Allow pie to cool slightly before tasting - the steam and sugar can burn!

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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