

PEANUT BUTTER AND BANANA POCKETS



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by the USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

PEANUT BUTTER AND BANANA POCKETS

PREP TIME: 10 minutes
COOK TIME: 15 minutes
SERVING SIZE: 1 folded (8-inch)
quesadilla
SERVES: 4

INGREDIENTS

- 3 ripe bananas
- 2 tablespoons creamy peanut butter
- 1 1/2 teaspoons honey
- 1/4 teaspoon ground cinnamon
- 4 (8-inch) whole wheat tortillas
- Nonstick cooking spray

MATERIALS

- Large skillet
- Measuring spoons
- Rubber spatula
- Sharp knife
- Small bowl

STEPS

1. Peel and slice bananas about 1/4-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with nonstick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

IDEAS

- Have kids help by peeling the bananas (Step 1) or stirring the peanut butter, honey and cinnamon together (Step 2).
- For a richer flavor, stir 2 tablespoons of low-fat cream cheese into the peanut butter mixture (Step 2). Let cream cheese come to room temperature before adding.

Nutrition Facts

Serving Size 1 folded quesadilla (163g) Serves 4

Amount per serving

Calories 290 Calories from Fat 80

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 14%

Total Carbohydrate 50g 17%

Dietary Fiber 6g 24%

Sugars 17g

Protein 8g

Vitamin A 2% • Vitamin C 15%

Calcium 15% • Iron 10%

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

*Adapted from Share Our Strength's Cooking Matters.®

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