



Peanut Butter and Banana Pockets

Cooking Matters

1 folded pocket

Kids will love helping to make and eat these delicious pockets! Enjoy as a snack, in a lunch or as a healthy dessert!

Ingredients

3 ripe bananas
3 Tablespoons creamy peanut butter
1½ teaspoons honey
¼ teaspoon ground cinnamon
4 (8-inch) whole wheat flour tortillas
Non-stick cooking spray

Materials

Large skillet, measuring spoons, rubber spatula, sharp knife, small bowl

Directions

1. Peel and slice bananas about ¼-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 non-stick 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.

Notes

If peanuts are a problem, try with almond butter or soy nut butter!

View Online

<http://southerntiereatsmartny.org/recipes/peanut-butter-banana-pockets>



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