

Peanut Butter and Banana Pockets

Serving Size

Serves 4, 1 folded quesadilla per serving

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

Instructions

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.

Chef's Notes

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the quesadilla while cooking.

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Nutrition Facts	
Serving Size 1 folded quesadilla (152g)	
Servings Per Container 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:	
	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	