

# PROJECT: GET IT DONE TOGETHER

## Fruity Peanut Butter or Sun Butter Pitas

*Adult Supervision Required | Dairy free, can be made nut free*

### Ingredients:

- 1/4 cup peanut butter or sun butter
- 1/8 teaspoon each ground allspice, cinnamon and nutmeg
- 2 whole wheat pita pocket halves
- 1/2 medium apple, thinly sliced
- 1/2 medium firm banana, sliced

### Instructions:

1. In a small bowl, blend the peanut butter, allspice, cinnamon and nutmeg.
2. Spread inside pita bread halves; fill with apple and banana slices.

*Makes 2 servings*

**Total time:** 5 minutes

### Nutrition facts per serving:

1 pita half: 324 calories, 17g fat (4g saturated fat), 0 cholesterol, 320mg sodium, 36g carbohydrate (13g sugars, 6g fiber), 12g protein. Diabetic Exchanges: 3 fat, 1 starch, 1 lean meat, 1 fruit.

Source: [tasteofhome.com/recipes/fruity-peanut-butter-pitas](https://tasteofhome.com/recipes/fruity-peanut-butter-pitas)

