

## Peanut Butter and Banana Pockets

*From Cooking Matters*

### Ingredients:

- 3-ripe bananas
- 3 Tbsp-creamy peanut butter
- 1 1/2 tsp-honey
- 1/4 tsp-cinnamon
- 4-8 inch whole wheat flour tortillas
- Non-stick cooking spray

### Instructions:

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 Tbsp 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 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.

**Nutrition Facts:** 4 servings per container, serving size 1 folded pocket; Calories 280, Total Fat 10g, Saturated Fat 2.5g Trans Fat 0g, Cholesterol 0mg, Sodium 370mg, Total Carbohydrate 46g, Dietary Fiber 3g, Total Sugars 13g (includes 1g added sugar), Protein 8g.

## Banana Berry Smoothie

*From Food Hero*

### Ingredients:

- 1 cup-sliced banana
- 1 cup-unsweetened frozen berries
- 1 cup-nonfat or 1% milk
- 1 cup-orange juice

### Instructions:

1. Place all ingredients in a blender. Put lid on tightly.
2. Blend until smooth. If too thick, add 1/2 cup cold water and blend again.
3. Refrigerate leftovers within 2 hours

**Nutrition Facts:** 4 servings per container, serving size 1 cup; Calories 110, Total Fat 1g, Saturated Fat 0g, Trans Fat, 9g, Cholesterol 5mg, Sodium 35mg, Total Carbohydrate 23g, Dietary Fiber 2g, Total Sugars 15g (includes 0g added sugars), Protein 3g

