

# Peanut Butter and Banana Pockets

Chef Lauren Klatsky • Boston, Mass.

Serves 4, 1 folded quesadilla per serving

Prep time: 10 minutes • Cook time: 15 minutes



## Ingredients

3 ripe bananas or  
6 strawberries  
3 Tablespoons creamy peanut  
butter or almond 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

## Nutrition Facts

Serving Size 1 folded quesadilla  
Servings Per Recipe 4

Amount Per Serving

**Calories 300**    Calories from Fat 100

% Daily Value\*

**Total Fat 11g**                      **14%**

Saturated Fat 2.5g                **13%**

Trans Fat 0g

**Cholesterol 0mg**                    **0%**

**Sodium 370mg**                    **16%**

**Total Carbohydrate 47g**        **17%**

Dietary Fiber 3g                  **11%**

Sugars 14g

**Protein 8g**

Vitamin A 2%                      • Vitamin C 15%

Calcium 0%                        • Iron 0%

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

## Directions

✎ = Have kids help with the steps  
marked with the "little helping hand"!

- ✎ 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. Fresh strawberry slices can be used an alternative for banana with  
almond butter.
6. Coat a large skillet with non-stick cooking spray. Heat over medium-high  
heat.
5. 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 tortilla while cooking.

# Make Food Fun! – Peanut Butter and Banana Pockets

Easy and fast tips for making food fun for kids.



Serve open faced, arranging the fruit in a design or face.

## Tips and Tricks:

Substitute bananas with apple slices, dates, peaches or another favorite fruit.

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If you're in a peanut-free environment, try another nut butter or sun butter.

Try different fruits to change up the flavors and textures.

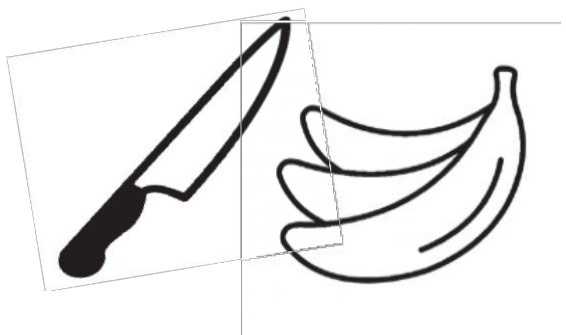


Serve as “banana sushi” or pinwheels. Cut the fruit up or leave in larger chunks to change the design and texture.

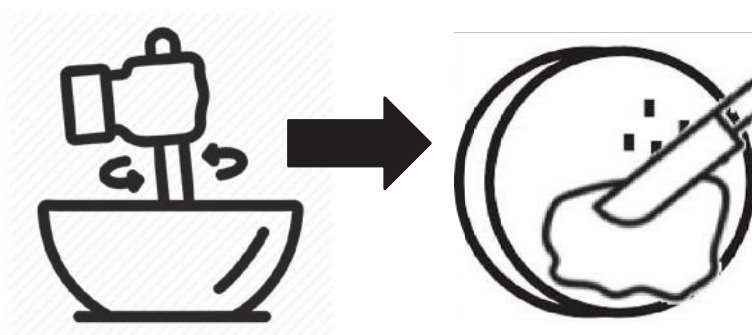
## Tips and Tricks:

Don't have tortillas? Bread works great as well. It can be rolled or pressed flat like a tortilla.

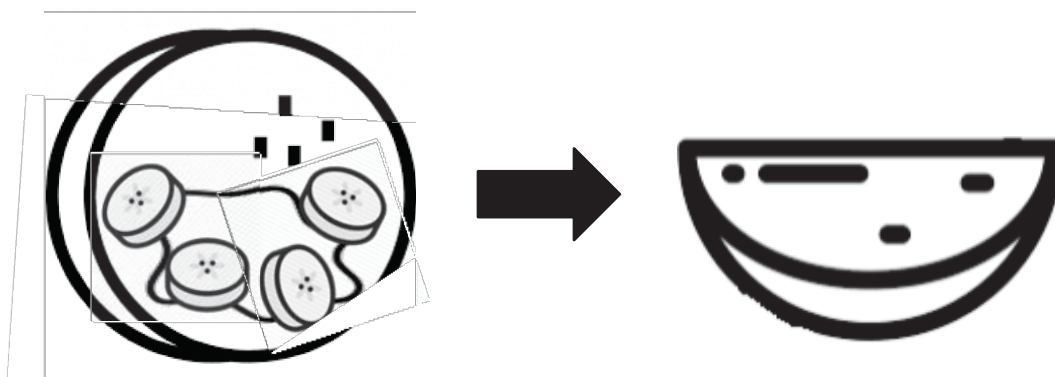
# Follow-Along Recipe – Peanut Butter and Banana Pockets



Peel and slice banana



Make peanut butter mixture  
and spread on tortillas



Top with banana slices and fold the tortilla in half



Cook in a skillet, 1–2 min each side