



## Recipes

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### Peanut Butter Banana Pocket

Prep Time: 10 Minutes

Cooking Time: 8 Minutes

Serves 15

#### Ingredients:

12 each 12" Whole Wheat Tortilla (10254)  
5/8 cup Peanut Butter , creamy , reduced fat  
2.5 each Bananas , ripe , mashed  
1 1/4 Tbsp. Honey  
9 oz. Strawberries , thinly sliced  
Egg Wash , as needed  
Non-Stick Pan Spray , as needed  
Ground Cinnamon , as needed  
Sugar , as needed

#### Directions:

1. Pre-heat convection oven to 350°F.
2. Cut each tortilla into 5 (five) 3"x4" rectangles, to make 60 3"x4" rectangles total
3. In a large bowl, combine peanut butter, mashed banana and honey. Mix well to combine.
4. To build each Pocket: place 1 tbsp. (0.50 oz.) of peanut butter filling on one rectangle. Spread around tortilla, leaving 1/4" of space around edge. Brush edge with egg wash. Place two slices (0.3 oz.) of sliced strawberries on top, and top with another tortilla rectangle. Using a fork, press the tongs along the edge to seal. Carefully cut two slits along the top of the Pocket to vent steam. Place a cooling rack on a parchment lined sheet tray. Place Pockets on rack, and bake for 5-8 minutes, or until edges start to brown. Serve two per plate.
5. To help meet Kids LiveWell criteria, serve with a strawberry breakfast smoothie (8 fl. oz. skim milk, 2 oz. frozen strawberries and 2 oz. ice blended) and 1 small orange.