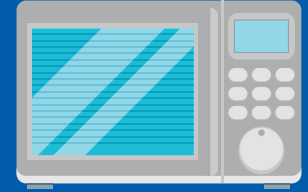


Make in the Microwave

Peanut Butter Pita Pockets



Ingredients:

- 2 pitas (medium whole wheat; or swap with tortillas)
- ¼ cup peanut butter
- ½ apple (cored and thinly sliced)
- ½ banana (thinly sliced)



INGREDIENTS FOR HEALTH

Directions:

- 1 Cut pitas in half to make 4 pockets. Warm in the microwave for about 10 seconds.
- 2 Open each pocket. Spread a thin layer of peanut butter on the inside.
- 3 Fill with apples and bananas.

Here's another healthy idea:



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