

Pocket Apple Pie

Makes 4

4 flour tortillas
1 whole apple, large
 $\frac{1}{4}$ teaspoon ground cinnamon
2 tablespoons brown sugar
 $\frac{1}{8}$ teaspoon ground nutmeg
2 tablespoons milk
sugar, optional



1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into small pieces.
3. Place $\frac{1}{4}$ the fruit on each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas.
6. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake in a 350 degree oven for 8 to 12 minutes or until lightly brown.
8. Serve warm or cold.

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Nutrition Facts	
Serving Size 1 fruit pie (140g)	
Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g 7%	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 55g	18%
Dietary Fiber 4g 16%	
Sugars 14g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 10%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777



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