

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

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

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