

What You Will Need

Bringing a variety of apples to class will help children see how many different colors and flavors of apples are available. While some varieties are best for cooking, this recipe will be successful with any type of fresh apple. This recipe is featured as Pocket Fruit Pies in Kids a Cookin'—recipe no. 1. You may choose to use the Volume 1 Kids a Cookin' video to support this Book in a Bag program.

Equipment:

cutting board and knife
baking sheet
small bowl
measuring spoons
spatula
small paper plates
oven

Ingredients:

Pocket Apple Pie—serves 4

4 flour tortillas
1 whole apple, large
1/4 teaspoon ground cinnamon
2 tablespoons brown sugar
1/8 teaspoon ground nutmeg
2 tablespoons milk
sugar, optional

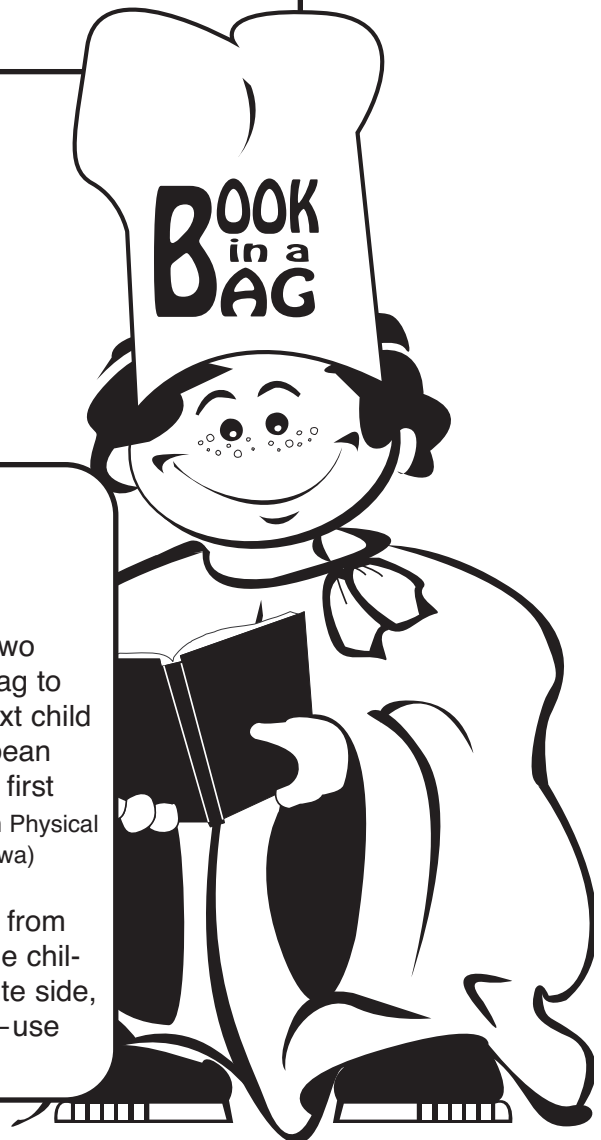
Other Possible Activities and related Kids a Cookin, recipes:

#14 – Applesauce Muffins
#17 – Perfect Pumpkin Pancakes
#57 – Apple Smiles
#60 – Homemade Applesauce

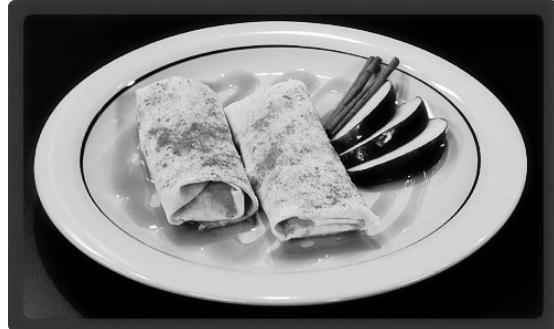
Suggested physical activity:

Fruit and Veggie Bean Bag Toss: Arrange children in two lines facing each other. The first child tosses the bean bag to the child across from them. That child tosses it to the next child in the opposite line, and the tossing continues until the bean bag gets to the end of the line. The last child runs to the first position in his/her line and starts the tossing again. (From Physical Activities and Healthy Snacks for Young Children—Team Nutrition Iowa)

Apple Up: Fill an apple-shaped mylar balloon (available from Yummy Designs, 1-888-74 YUMMY) with air, and arrange children in a circle. Bat the apple across the circle to opposite side, attempting to keep it afloat. Work to include all children—use multiple balloons for larger group.



Pocket Apple Pie



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.

Makes 4

Nutrition Facts	
Serving Size 1 fruit pocket (140g)	
Servings Per Container 4	
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Amount Per Serving	0
Calories	340
	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.	