

Pick a better snack & Act



This week Week Two



Snack

Apple Pocket Pie

4 flour tortillas
2 large apples
¼ t. ground cinnamon
2 T. brown sugar
1/8 teaspoon nutmeg
milk
sugar (optional)

Warm tortillas in microwave to make them easier to handle. Chop apples into small pieces. Place ¼ of the apples on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over apple. Roll up the tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small slits to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Bake in a 350 degree oven for 8-12 minutes or until lightly brown. Serve warm. Serves 4.



Be Active

- Take a family walk during Halloween Trick-or-Treating
- Select alternative Halloween treats-not sweet, non food
- Hand-pick apples at a local orchard for a little stretch
- Think of washing your windows to let the sun in and be active

More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at www.extension.iastate.edu/food/.