Pocket Fruit Pies

4 flour tortillas
1 large apple or 2 medium peaches or pears
1/4 teaspoon ground cinnamon

2 tablespoon brown sugar
1/8 teaspoon nutmeg
milk
sugar (optional)

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit in small pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg.
5. Sprinkle over fruit.
6. Roll up the tortillas, starting at the end with the fruit.
7. Place on an ungreased baking sheet and make small slashes to allow steam to escape.
8. Brush with milk and sprinkle with additional sugar, if desired.
9. Bake in a 350°F oven for 8 to 12 minutes or until lightly brown.
10. Serve warm or cool.
11. Makes 4 servings

Per Serving:

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<tbody>
<tr>
<td>Calories</td>
<td>151</td>
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<tr>
<td>Sodium</td>
<td>137mg</td>
</tr>
<tr>
<td>Fat</td>
<td>3g</td>
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Source: Kansas State University's “Family Nutrition Program”