

Pear Pockets

Ingredients:

- 1 package of pear fruit cups in juice (4 total)
- 1 tsp corn starch
- 2 tbsp cinnamon
- ½ cup Greek yogurt
- 1 tbsp maple syrup
- 1 packet of wonton wraps (will use about 20)



Directions:

1. Preheat oven to 350 degrees
2. Pour three of the four containers of fruit into a small sauce pan. Add the juice of one container to the sauce pan. Add corn starch and cinnamon
3. Keep on low heat for 4 minutes and stir consistently so cornstarch is mixed with pear juice
4. Spray a baking sheet with cooking spray. Line sheet with 10 wraps
5. Add about one tablespoon of the pear mixture to the center of the wraps
6. Add a second wrap on top of the wrap with the pear mixture
7. With a wet paper, dab the edges of the wraps and press the edges down
8. Bake for 7-10 minutes
9. In small bowl, add Greek yogurt and maple syrup and mix together
10. Spread Greek yogurt icing over pockets right as they come out of the oven so icing melts

Yield: 10 servings

Nutrition Facts:

80 Calories; 0g Fat (0 g Saturated Fat; 0 g Trans Fat); 5 mg Cholesterol; 95 mg Sodium; 18g Carbohydrate (2 g Fiber, 7 g Sugar, 1 g Added Sugar); 3g Protein; 0% Daily Value (DV) Vitamin D; 4% DV Calcium; 4% DV Iron; 0% DV Potassium