

**MAKES 1 SERVING**

**Claudette Mayer-Lanthier, QC**

*Claudette invented this recipe for a quick and nourishing breakfast, full of fiber and great flavor. To get the benefits of flaxseed, it should be ground, but whole seeds add great crunch.*

**TIP**

Muesli, multigrain or whole wheat pitas are great healthy options for this recipe.

# Quick Breakfast Fruit Pita

• **Preparation time: 5 minutes**

1/2	banana, crushed	1/2
1 tbsp	flaxseed (ground or whole)	15 mL
1 tsp	pumpkin seeds	5 mL
1	6-inch (15 cm) pita	1
1	strawberry, hulled and thinly sliced	1

1. In a small bowl, combine banana, flaxseed and pumpkin seeds.
2. Toast pita and cut open. Stuff with banana mixture and place slices of strawberry on top. Eat while still warm from the toaster.

 **KID APPROVED**

**Diabetes Food Choice Values Per Serving**

3	Carbohydrates
1/2	Meat & Alternatives
1 1/2	Fats

**NUTRIENTS Per Serving**

Calories: 348	Carbohydrate: 54.4 g	Calcium: 128 mg
Fat: 11.0 g	Fiber: 8.6 g	Iron: 3.3 mg
Sodium: 329 mg	Protein: 11.1 g	

**Very high in:** Dietary fiber, thiamine, niacin, folate and magnesium  
**High in:** Iron, riboflavin, vitamin B<sub>6</sub> and zinc