



Quesadilla Pudgy Pie

Peanut Butter Banana Pudgy Pie

Pudgy Pies

Shine 365
Marshfield Clinic

QUESADILLA PUDGY PIE • PREP TIME: 10 minutes • BAKE TIME: 10 minutes • SERVINGS: 1

INGREDIENTS

- Cooking spray
- 2 5-inch corn tortillas
- 1/4 cup refried beans
- 1/4 cup shredded monterrey jack cheese
- 1/4 cup salsa

INSTRUCTIONS

Lightly spray both sides of the pie iron with cooking spray. Place corn tortilla on one side of the pie iron. Place refried beans inside of the tortilla and sprinkle with shredded cheese. Layer on the other tortilla and close pie iron. Cook the quesadilla in the campfire until the tortillas are slightly toasted. Serve with salsa.

NUTRITION INFORMATION

Each serving contains: 295 calories; 10 g fat; 45 g carbohydrates; 16 g protein; 6.3 g fiber; 895 mg sodium

PEANUT BUTTER BANANA PUDGY PIE • PREP TIME: 10 minutes • BAKE TIME: 5 minutes • SERVINGS: 1

INGREDIENTS

- Cooking spray
- 1 sheet phyllo dough
- 2 tablespoons creamy peanut butter
- 1/2 medium banana, sliced

INSTRUCTIONS

Lightly spray both sides of the pie iron with the cooking spray. Lay the phyllo dough horizontally and cut in half. Take one half, fold in half lengthwise and spread on peanut butter. Place on one side of the pie iron. Layer on sliced banana. Fold other half lengthwise and lay on top of bananas. Close pie iron. Cook on campfire a couple minutes on each side being careful not to burn the phyllo dough.

NUTRITION INFORMATION

Each serving contains: 312 calories; 16 g fat; 35 g carbohydrates; 9 g protein; 2 g fiber; 175 mg sodium