

Banana Sushi

Ingredients:

- 1 banana
- 1-2 tablespoon peanut butter or almond butter or sunflower seed butter
- ¼ cup non-dairy or Greek yogurt for dipping

Optional Toppings:

- Unsweetened shredded coconut
- Crushed cereal
- Granola
- Mini chocolate chips
- Crushed freeze-dried strawberries or fresh slices of strawberries



Directions:

1. Peel the banana and leave it whole
2. Spread a thin layer of nut or seed butter over the banana.
3. Roll the banana in your chosen toppings until coated or sprinkle toppings.
4. Slice into ½ -inch rounds to resemble sushi pieces.
5. Arrange on a plate.
6. Serve with non-dairy or Greek yogurt as a dipping sauce if desired

Nutrition Highlights: Nut or seed butter provide plant-based protein, fiber, and healthy fats, helping keep kids satisfied.

Nutrition Facts

2 servings per container
Serving size 1/2 Banana Sushi Roll (79g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	

Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 288mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.