

# BANANA SUSHI

## Ingredients:

Amount	Item
2	bananas
2 tbsp.	almond butter or peanut butter/cashew butter
2	strawberries
1 tsp.	pistachios
1 tsp.	sunflower seeds
1 tsp.	chia seeds
1/4 cup	non-dairy or Greek yogurt for dipping



Servings: 4



\*VEGAN



\*GLUTEN-FREE

## Directions:

1. Peel the bananas and place on a cutting board or plate.
2. Spread the nut butter evenly across the top of both bananas.
3. Place strawberry slices on top of peanut butter, slightly overlapping them.
4. Sprinkle the pistachios, sunflower seed kernels and chia seeds over each banana.
5. Using a sharp knife, cut the bananas into 1-inch thick slices.
6. Serve with flavored Greek yogurt as a dipping sauce if desired.

## Nutrition Facts

4 servings per container  
Serving size 1/2 Banana Roll  
(75g)

Amount per serving

**Calories 120**

% Daily Value\*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 1mg 6%

Potassium 291mg 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.