

# Banana Sushi

- This template guides you to make a quick and easy fruit-based snack.
- Whole bananas are covered with a creamy spread and tasty toppings before being cut into bite-sized pieces that resemble a sushi roll.
- Vary the spread, flavorings, and toppings to suit your personal flavor preference.



## CHOOSE YOUR INGREDIENTS

ESSENTIALS	SPREADS (Select at least 1, 2-3 tbsp total)	FLAVORING (Select at least 1)	TOPPINGS (Select at least 1, 1-2 tbsp total)	SWEETENER (Select 1, 1-2 tsp)
<ul style="list-style-type: none"> <li>• 1 banana</li> </ul>	<ul style="list-style-type: none"> <li>• Greek yogurt</li> <li>• nut or seed butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tbsp cocoa powder</li> <li>• ½ tsp cinnamon</li> </ul>	<ul style="list-style-type: none"> <li>• granola</li> <li>• chopped nuts</li> <li>• shredded coconut</li> <li>• dried fruit</li> <li>• chia seeds</li> <li>• flax seeds</li> <li>• chocolate chips</li> </ul>	<ul style="list-style-type: none"> <li>• honey</li> <li>• maple syrup</li> <li>• agave</li> <li>• melted chocolate</li> </ul>



PREP TIME: 5 min



MAKES: 1 serving

## DIRECTIONS

1. **PEEL** the banana and place it on a cutting board.
2. **SPREAD** the Greek yogurt or nut/seed butter on top of the banana.
3. **TOP** with flavoring and toppings of choice.
4. **SLICE** the roll into 1/2 to 1 inch pieces.
5. **DRIZZLE** the sweetener on top.
6. **SERVE** rolls on a plate.
7. **ENJOY** as a snack or dessert.

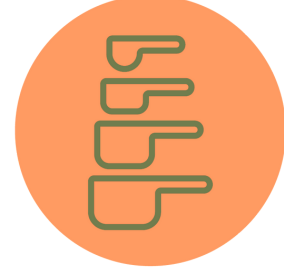
## TOOLS



Cutting Board



Chef's Knife



Measuring Cups/Spoons

## NUTRITION:

- + Bananas are a good source of potassium; a diet high in potassium can help lower blood pressure in people with elevated levels.
- + Bananas are also high in vitamin B6, which we need to keep our nervous and immune systems healthy.
- + Yogurt and nut or seed butter are good sources of protein, which our bodies need for tissue repair and muscle growth.