

This quick and easy, protein-rich banana sushi is a favorite healthy snack your little monkeys will love!

INGREDIENTS:

- 1 flour tortilla (I like to use whole wheat, but you can use white, too)
- 1 banana, peeled
- 2-3 Tablespoons peanut butter
- A small smear of Nutella

INSTRUCTIONS:

1. Spread peanut butter on one side of a tortilla. Add a thin line of Nutella.
2. Peel banana and straighten it a bit (it's okay if it cracks a little). Place on top of Nutella.
3. Roll tortilla up around the banana, trying to make it as tight as possible.
4. Slice your "sushi" roll into 1/2-1 inch rounds and serve.



Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 229 g		Total Fat 15.9g	24%	Total Carbohydrates 72g	24%
1 serving (8.1 oz)		Saturated 7.4g	37%	Dietary Fiber 6g	24%
Calories 458		Trans Fat 0g		Sugars 34g	
From fat 142		Cholesterol 0mg	0%	Protein 9g	18%
<i>HappyForks.com</i>		Sodium 944mg	39%		
		Calcium 10% • Iron 17%		Vitamin A 2% • Vitamin C 17%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source <https://themanylittlejoys.com/banana-sushi-fun-healthy-snack-kids/>