



December 7- Banana Sushi

Not Smart Snack

Link: <http://www.letsmove.gov/blog/2010/10/20/banana-sushi>

Recipe

Ingredients:

- 4 slices whole wheat bread, crusts removed
- 2 bananas, peeled and ends trimmed
- ½ cup natural-style creamy peanut butter or apple butter, whichever you prefer or have on hand

Directions:

1. Lay two slices of bread on the counter next to each other, slightly overlapping one over the other to create one big rectangular piece. Press the slices together at the seam and use a rolling pin to gently flatten them.
2. Gently spread your favorite spread evenly over both of the bread pieces and lay a whole banana in the middle. Carefully roll up the bread around the banana.
3. Slice each log into six pieces that are 1"-1 ½" thick.
4. Repeat with the remaining bread slices, spread and banana and serve.

Yield 6 servings

Nutrition Facts	
Serving Size 1 item (90g)	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	14%
<i>Trans Fat</i>	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 8g	16%
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	