



Banana Sushi

Ingredients

- 1 8-inch soft whole wheat tortilla
- 2 tablespoons all-natural peanut butter
- Cinnamon *to taste*
- 1 banana *peeled*
- 1 tablespoon raisins or chopped nuts (optional)

Directions

1. Spread a layer of peanut butter across the tortilla. Leave a gap at the edge about as wide as your fingertip.
2. Sprinkle with raisins or nuts, if using.
3. Shake cinnamon on top of the peanut butter.
4. Place the peeled banana in the middle of the tortilla.
5. Roll the tortilla tightly.
6. Cut into 8 pieces.

* **Tip:** Try to find a peanut butter with nothing in it but peanuts and salt. Avoid peanut butter with added oil or sugar.



Nutrition Information per 4-piece serving:

Calories 191 Carbohydrates 23g Fiber 4g Protein 6g Total Fat 10g Sat. Fat 2g Sodium 142mg

Source: Leah's Pantry

Funded by USDA SNAP, an equal opportunity provider and employer.



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