

Bite Spoon

Banana Sushi: Quick Healthy Snack

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Japanese** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 ripe bananas, peeled
- [ ] 4 tbsp natural peanut butter
- [ ] ½ cup mixed fresh berries (strawberries, blueberries, kiwi)
- [ ] 1 tsp honey (optional)
- [ ] 1 tsp toasted sesame seeds
- [ ] 2 small nori sheets (optional)

For the Topping

- [ ] A pinch of sea salt
- [ ] Extra berries for garnish

Instructions

1. Slice each banana lengthwise into long ribbons about ½-inch wide; the scent of the fruit will fill your kitchen.
2. Warm the peanut butter in a microwave for 10 seconds, then stir; spread a thin line down the center of each banana slice.
3. Lay thin strips of berries or kiwi on top of the peanut butter, then, if using, place a short strip of nori over the fruit.
4. Gently roll each banana strip from one end to the other, using plastic wrap to help keep it tight; the roll should feel firm yet yielding.
5. Arrange the rolls on a plate, drizzle with honey, sprinkle sesame seeds and a pinch of sea salt, then chill for 5 minutes before serving.

Nutrition per serving

250 kcal	6 g	30 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the bananas are very soft, refrigerate them briefly before slicing to prevent breaking.
- You can substitute almond butter for peanut butter for a different flavor profile.
- Try adding a dash of lime juice to the fruit for extra brightness.