



## Banana Sushi

*Give this fun easy and nutrient packed recipe a try!*

### INGREDIENTS:

- ✓ 1 banana
- ✓ 1 tablespoon of seed butter, or nut butter of your choice (sunflower seed butter, peanut butter, almond butter, wow butter, you pick!)
- ✓ 1/2 cup granola
- ✓ 1 tablespoon hemp seeds and chia seeds
- ✓ 1 teaspoon chocolate chips

### DIRECTIONS:

1. To start place your granola, hemp seeds, chia seeds, and chocolate chips into a plastic bag and remove as much air as possible. Seal tight.
2. Using a rolling pin, crush the granola mix until it is broken down into fine pieces. Set aside.
3. Peel the banana and evenly cover all sides in your choice of nut butter.
4. Place the coated banana in the crushed cereal and roll many times to cover completely. Use your hand to press the cereal into the banana as needed.
5. Using a knife, cut the banana into 1/4-1/2" pieces.

### TIPS

- You can roll your delicious peanut butter dipped banana in just about anything you choose.
- Both granola and cereal work great, as well as a variety of seeds and nuts – and even, chocolate chips.
- Chia and hemp seeds are high in fiber (which is great for digestion) and in omega 3's (which are healthy fats that improve brain function and help with our overall health!)
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