

Treasure Barrel

Banana Sushi: Fun Healthy Snack

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 ripe bananas, peeled
- [ ] 4 tbsp almond butter (or your favorite nut butter)
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp citrus zest (orange or lemon)
- [ ] Pinch of sea salt

Toppings

- [ ] 1/4 cup shredded coconut, toasted
- [ ] 2 tbsp chopped toasted almonds or walnuts
- [ ] 2 tsp dried cranberries, chopped
- [ ] Optional: drizzle of extra honey

Instructions

1. Place a banana on a cutting board and, using a sharp knife, slice it lengthwise into thin, even planks.
2. Spread a thin layer of almond butter over each banana slice, being careful not to over-coat.
3. Sprinkle citrus zest and a pinch of sea salt over the butter, then gently roll the slice around itself to form a mini-sushi log.
4. Press your chosen toppings onto the outer surface, drizzle with honey, and set on a plate. Repeat with remaining slices.
5. Serve immediately or chill for a refreshing bite later.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the banana feels too soft, chill it briefly before slicing.
- You can swap almond butter for peanut butter; just note the flavor shift.
- For extra crunch, add a few sesame seeds to the topping mix.