

Frushi (<http://all-thats-jas.com/2015/07/frushi-fruit-sushi.html>)

- 3 large Flour Tortillas
- 2 Bananas
- 5-6 large Strawberries, stems removed
- 2 tablespoons Peanut or Almond Butter
- 2 tablespoons Nutella
- 2 tablespoons Marshmallow Fluff
- 2 tablespoons Strawberry Jam
- 2 tablespoons Strawberry Cream Cheese
- 2 tablespoons Cool Whip
- ¼ cup Chocolate Syrup

Makes 15-18 pieces

Directions:

Frushi 1:

Spread peanut or almond butter followed by jam evenly on one tortilla. Place one peeled banana along the side and roll up jellyroll style. Cover tightly with plastic wrap, twisting the ends.

Frushi 2:

Spread Nutella followed by marshmallow fluff on the second tortilla. Place one peeled banana along the side and roll up jellyroll style. Cover tightly with plastic wrap, twisting the ends.

Frushi 3:

Spread cream cheese followed by cool whip on third tortilla. Place strawberries along the side and roll up jellyroll style. Cover tightly with plastic wrap, twisting the ends.

Refrigerate for 30 minutes, unwrap and slice  $\frac{3}{4}$  to 1-inch thick (you should get 5-6 pieces from one roll).

Garnish frushi pieces with berries, chocolate chips, coconut, and nuts or however you desire. Serve with chocolate syrup and/or strawberry coulis as a dipping sauce and chopsticks. Enjoy!

For Strawberry Coulis (optional)

- 1 cup quartered hulled Strawberries
- 2 tablespoons Water
- 1 ½ tablespoons Sugar
- 2 teaspoons fresh Lemon Juice

Combine strawberries, water, sugar, and lemon juice in a blender. Purée until very smooth, then press through a fine mesh strainer to remove the seeds. Cover and refrigerate until cold. Coulis can be prepared one day ahead.

## STRAWBERRY BANANA SUSHI ROLLS

- ¼ cup Justin’s Honey Peanut Butter or Maple Almond Butter
- ¼ cup Stonyfield Whole Milk Vanilla Greek Yogurt
- 4 whole wheat tortillas (8-inch diameter)
- 4 bananas, sliced lengthwise
- 8 strawberries, stemmed and sliced into quarters
- Granola, optional

### INSTRUCTIONS

1. Mix the nut butter and yogurt together in a bowl with a whisk until smooth and creamy.
2. Lay each tortilla on a cutting board and spread each one with about 2 tablespoons of the peanut butter mixture, leaving a small border around the edges. Arrange two banana halves down the middle of each tortilla and place some pieces of strawberry down the middle. Roll the tortillas up, wrapping them around the fruit.
3. With a sharp knife, cut the tortillas into 6 pieces each. Plate the “sushi” and sprinkle with a small amount of granola.

### NUTRITION INFORMATION

Serving size: One sushi roll Calories: 333 Fat: 10.7g Saturated fat: 2.1g Carbohydrates: 54.6g Sugar: 17.5g Sodium: 413mg Fiber: 7.1g

<http://www.womansday.com/food-recipes/food-drinks/a55912/banana-sushi/>

## HEALTHY BANANA SUSHI

Coat banana slices in peanut butter then roll them in crisp rice cereal—your snack will be ready in minutes.

## DARK CHOCOLATE BANANA SUSHI

For a super healthy and easy dessert, dip a banana in melted dark chocolate, add coconut and chopped nuts, then slice and eat.

## CHIA PISTACHIO BANANA SUSHI

For a more adult take on the snack, slather a banana in your favorite nut butter and top with chia seeds and chopped pistachios.

## BREAKFAST CEREAL BANANA SUSHI

Kids will look forward to breakfast when you serve slices of yogurt-covered banana coated in Fruity Pebbles cereal.

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