



**Dart's Dish** on healthy eating!



# Banana Sushi

**Ingredients:** 1 banana, peanut butter, chocolate, nuts, coconut, and fruit (fresh or dried)

**Directions:** (1) Slice bananas into circle shapes; (2) Roll slices in peanut butter; (3) Sprinkle with chocolate, nuts, coconut, and/or fruit.

**Modification:** Try substituting other nut butters for peanut butter. Some children may be allergic to nut butters, if so try rolling your banana in yogurt, a tortilla, or a slice of cheese. Have children try and use chopsticks to build their fine motor skills.

**FAMILY ENGAGEMENT**