

# Say 'Frushi'!

Get your fruit fix with this sushi-inspired snack.

Banana  
sushi roll

MAKES

1

## Follow these steps

1. Spread out granola or crushed nuts on a small plate. Set aside.



2. Peel banana and place it on a cutting board or serving plate.



3. Spread nut butter evenly over the top half of the banana.



**TIP!** If the nut butter is too thick, microwave for a few seconds or warm up on the stove on low heat.

4. Sprinkle granola over the top half of the banana.



5. Slice banana into bite-sized pieces and enjoy. Or chill in refrigerator for a few hours for a cold treat.



## Create Your Own Combo

Lay out a variety of toppings (e.g., wholegrain cereal, pumpkin seeds, chia seeds) for children to choose and mix their own combos. The different textures and flavours offer a rich **sensory experience**. Teach children about **reducing food waste** by using ingredients in the pantry or fridge, such as cereal crumbs or the last bit of peanut butter at the bottom of the jar.



## → WHAT YOU'LL NEED

- 1 banana
- 2 tbsp nut butter\*
- 4 tbsp granola or crushed nuts\*



Banana



Nut butter



Granola or crushed nuts

\*Replace with other ingredients or toppings if your child has a nut allergy. For instance, substitute melted chocolate or whipped cream cheese for nut butter.

## Get The Fats Right

➤ **Not all fat is bad** for you! Monounsaturated fat, which can be found in most nuts, helps lower total and LDL (bad) cholesterol levels. Look for nuts or nut butter with no added salt or sugar to reduce consumption of sodium and sugar.



Find out more at [www.healthhub.sg/programmes/76/introduction-to-fats#article-fats\\_section2](http://www.healthhub.sg/programmes/76/introduction-to-fats#article-fats_section2).