



## Stride Kids in the Kitchen

### Week 2: Banana Sushi

Have you ever been told not to play with your food? Today, chef says it's A-OK! We're all getting hands-on as we make this dish that looks like sushi but tastes like a sweet treat. These little treats are just as beautiful as they are nutritious and delicious!

*\*No raw fish here, just a fun spin on sushi.*

**Recipe:** Banana Sushi with Nut Butter, Honeydew, Coconut and Fresh Berries

**Focused Chef Skills:** Clean and Sanitize, Slice, Chop, Peel, Assemble, Present

#### **Ingredient / Shopping List**

*Produce:*

- Banana (1)
- Honeydew melon
- Strawberries
- Blackberries

*Dry:*

- Nut butter, of your choice
- Chocolate chips
- Coconut flakes
- Pistachios
- Chia seeds
- Granola, of your choice
- Graham crackers
- Rice crispy cereal
- Dried blueberries or cranberries

*Dairy:*

- Greek yogurt, nonfat plain or vanilla

#### **Equipment List**

*To help you keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready and within reach before class begins.*

- 1 Cutting board
- 1 Paring knife
- 1 medium mixing bowl
- 1 sanitizer towel with sanitizer solution (1 Tablespoon bleach mixed with 1-quart water)
- Tasting spoons
- Butter knife or small spatula

- Peeler
- Small prep bowls

### **Advanced Prep List**

Please have the following items prepared before class begins.

- Wash all produce items.

### **RECIPE**

#### **Banana Sushi**

Ingredients:

- 1 Banana per person
- ½ cup Nut Butter, of your choice
- ½ cup Chocolate chips, melted
- ½ cup Greek Yogurt, nonfat plain or vanilla
- ½ cup Honeydew, trimmed and sliced thin with a peeler
- ½ cup Strawberry, trimmed and sliced thin
- ½ cup Blackberries, cut in half
- ½ cup Coconut flakes, unsweetened
- ¼ cup Pistachios, chopped
- 2 Tbsps. Chia Seeds
- ½ cup Granola, of your choice
- ½ cup Graham crackers, crushed
- ½ cup Rice crispy cereal
- ¼ cup Dried blueberries or cranberry

Instructions:

Peel your banana and place it on a cutting board. Choose one topping: chocolate, nut butter or Greek yogurt and carefully cover the top of the banana. Decorate with honeydew, strawberry, or blackberries if you choose. Lightly sprinkle with any, or all the remaining toppings, and slice the banana sushi into six pieces.

\*\* Place completed sushi in the freezer for 10 minutes before cutting may make it easier to cut neatly.

*Resource Takeaways:*

- Stride [Stocking Healthy Kitchen handout](#)
- Stride [Build a Better Snack](#) article
- Stride in the Kitchen [Trail Mix Bars](#) recipe
- Activity: [Stride Coloring Pages](#)

