

Zucchini Bread Recipes

Banana Sushi – Fun Healthy Snack

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Modern Fusion** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 ripe bananas, sliced lengthwise
- [ ] 1 cup cooked sushi rice, cooled
- [ ] 1/4 cup mixed nuts, finely chopped
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp lime juice
- [ ] 1 tsp sesame seeds (optional)

Optional Toppings

- [ ] Shredded coconut
- [ ] Cinnamon pinch

Instructions

1. Lay a sheet of plastic wrap on a clean surface, place a banana slice, and spread a thin layer of rice over it.



2. Drizzle a little honey and lime juice over the rice, then roll the banana tightly using the plastic wrap.



3. Press the rolled banana gently into the chopped nuts, ensuring an even coating.



4. Roll the nut-coated banana in sesame seeds, if using, and place on a plate.



5 Finish with a final drizzle of honey and a sprinkle of cinnamon or shredded coconut, if desired.



Nutrition per serving

180 kcal	4 g	30 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the rice feels too dry, add a splash of water and fluff gently.
- Freeze bananas for 10 minutes to make slicing easier.
- Adjust the amount of honey to suit your sweetness preference.