

Helergon Kitchen

Banana Sushi: Fun Healthy Snack

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 4 ripe bananas, peeled
- [ ] 1/2 cup creamy peanut butter
- [ ] 2 tbsp honey
- [ ] 1 tsp lime zest

Crunchy Toppings

- [ ] 1/4 cup toasted coconut flakes
- [ ] 2 tbsp chopped pistachios
- [ ] 1 tbsp sesame seeds
- [ ] Pinch of sea salt

Instructions

1. Slice each banana lengthwise into four long strips, keeping the peel on for stability.
2. In a small bowl, whisk together peanut butter, honey, and lime zest until smooth.
3. Spread a thin layer of the peanut butter mixture over each banana strip, covering the flesh evenly.
4. Roll the banana gently, then press the rolled surface into a mixture of coconut, pistachios, and sesame seeds, adding a pinch of sea salt.
5. Arrange the rolls on a plate, drizzle with a little extra honey if desired, and serve immediately.

Nutrition per serving

280 kcal	8 g	30 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the banana feels too soft, chill it for 10 minutes before slicing.
- For extra flavor, toast the nuts and seeds lightly in a dry pan.
- Feel free to substitute almond butter for a different nutty profile.