

Plate Dream

Banana Sushi – Fun Healthy Snack for Kids

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 ripe bananas, peeled and sliced lengthwise
- [ ] 1 cup short-grain sushi rice
- [ ] 1 ¼ cups water
- [ ] 1 tbsp rice vinegar
- [ ] ½ tsp salt
- [ ] 1 tsp honey (plus extra for drizzling)

Toppings & Assembly

- [ ] 1 tbsp toasted sesame seeds
- [ ] ¼ cup mixed berries, halved
- [ ] ¼ cup kiwi, diced
- [ ] Optional: 2 nori sheets, cut into strips

Instructions

1. Rinse the rice under cold water until the water runs clear, then combine with water in a pot; bring to a boil, lower heat, cover, and simmer for 15 minutes.
2. While the rice cooks, slice the bananas lengthwise into long ribbons about ¼ inch thick.
3. When rice is done, transfer to a bowl, stir in rice vinegar, salt, and honey; let cool slightly.
4. Place a banana slice on a sheet of plastic wrap, spread a thin layer of rice over the banana, leaving the edges free.
5. Add a sprinkle of sesame seeds, a few fruit jewels, and optional nori strip, then roll gently using the wrap to shape.
6. Slice each roll into bite-size pieces, arrange on a plate, and drizzle with extra honey.
7. Serve immediately with a side of banana chips for extra crunch.

Nutrition per serving

210 kcal	4 g	45 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the banana slices dry with a paper towel to avoid excess moisture.
- If you prefer less sweetness, reduce the honey drizzle.
- Feel free to experiment with other fruit toppings like mango or orange segments.