

Breakfast Sushi

from: forwardfood.org

BREAKFAST

SERVING SIZE: 1 wrap

YEILD: 50 Servings

1.5 oz eq grain, 1oz eq m/ma, ½ cup fruit

Ingredients and Instructions

Whole Grain Tortillas, 8 inch	50 Each
Nut or Seed Butter	1.5 Quarts
Bananas	50 Each
Granola (optional)	3 1/8 Cups

1. Spread 2 Tbsp of nut/seed butter on each tortilla
2. If using granola sprinkle 1 Tbsp over the nut/seed butter
3. Place one whole peeled banana at the end of the tortilla and roll the banana in the tortilla
4. Cut into sushi style coins