

Breakfast Sushi

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield **50 Servings** **100 Servings**

Skill Level: Intermediate

Ingredients	Measure	Measure
Bananas, whole, peeled	50 each	100 each
Nut or seed butter	1 ½ quarts + ¼ cup (6 ¼ cups total)	3 quarts + ½ cup (12 ½ cups)
Granola, prepared	3 ⅛ cups	1 ½ quarts + ½ cup (6 ½ cups)
Whole grain rich tortilla, 1 ounce grain equivalent	50 each	100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Spread 2 tablespoons of nut/seed butter on each tortilla.
2. Sprinkle 1 tablespoon of granola 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. With a sharpened knife, cut the tortilla into five to six 2-inch pieces, resembling sushi rolls.

Serving Information

Each sushi roll provides 1 meat/meat alternates, 1 ounce grain equivalents and ½ cup fruit.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 432 Total Fat: 21g Saturated Fat: 5g Monounsaturated Fat: 10g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 53g Fiber: 9g Total Sugar: 20g

Protein: 13g Sodium: 310mg Vitamin A: 32µg Vitamin C: 11mg Calcium: 108mg Iron: 2mg Folate: 165µg

