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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measure</th>
<th>Measure</th>
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<tbody>
<tr>
<td>Bananas, whole, peeled</td>
<td>50 each</td>
<td>100 each</td>
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<tr>
<td>Nut or seed butter</td>
<td>1 ½ quarts + ¼ cup (6 ¼ cups total)</td>
<td>3 quarts + ½ cup (12 ¼ cups)</td>
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<tr>
<td>Granola, prepared</td>
<td>3 ¼ cups</td>
<td>1 ½ quarts + ½ cup (6 ¼ cups)</td>
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<tr>
<td>Whole grain rich tortilla, 1 ounce grain equivalent</td>
<td>50 each</td>
<td>100 each</td>
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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