

Peanut Butter Banana Sushi Roll



OBJECTIVE: Teach students the health benefits of whole grains and how to identify whole grain products.

SUPPLIES NEEDED:

- ½ cup Peanut Butter (Sunflower Butter, Almond Butter)
- (1) Banana
- (1) Whole wheat tortilla
- (1) butter knife
- (1) paper plate
- Napkin
- Recipe card

INSTRUCTIONS:

1. Introduce and Demonstrate for the participants how to make the Peanut Butter Banana Sushi:
2. Spread peanut butter on one whole side of the whole wheat tortilla.
3. Place banana on top of peanut butter and roll up whole wheat tortilla.
4. Slice into pieces resembling a sushi roll and serve.

KEY MESSAGES FOR PARTICIPANTS:

1. Whole grains have bran, a tough outer layer, germ, which is rich in vitamins and minerals, and fiber. Bran, germ, and fiber in whole grains help you to feel full and energized.
2. Whole grains include whole wheat breads, brown rice, steel cut oats, etc.
3. Refined grains are not nutritionally beneficial to our health because most of their bran, fiber, and vitamins removed. Eating a diet high in refined grains can lead to health problems like type 2 diabetes.
4. Refined grains include white rice, white bread products (bread, tortillas, pancakes), and pasta made with refined grains.