

Piece-by-Piece Banana Sushi Bar

Turn snack time into a Piece-by-Piece adventure with a Banana Sushi Bar! Children can build, roll, and decorate their own banana “sushi” using a variety of spreads and toppings. Each step, from spreading to sprinkling, helps strengthen fine motor skills and creativity while showing that great things come together piece by piece.

What you need:

- Bananas (cut in half for easier handling)
- Whole wheat tortillas or wraps
- A selection of spreads:

Peanut butter, sunflower seed butter, almond butter

Cream cheese or yogurt

Chocolate hummus or hazelnut spread (for a fun twist!)

- A variety of toppings:

Fruits: sliced strawberries, kiwi, blueberries, raspberries, apple bits

- Crunchy toppings: granola, crushed cereal, chia seeds, shredded coconut
- Sweet sprinkles: mini chocolate chips, cinnamon, or drizzle of honey



What to do:

1. Have children spread their choice of butter, cream cheese, or yogurt onto a tortilla.
2. Roll the banana in the tortilla snugly to make a “sushi roll.” Place the tortilla seam-side-down on the cutting board.
3. Make another layer of spread over the top of the tortilla roll
4. Set up your “sushi bar” and let children add colourful toppings like fruit, granola, or a sprinkle of something sweet!
5. Use a child-safe knife to cut into bite-sized rounds.
6. Talk about how each ingredient adds something special. Enjoy!

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