**Nutella and Banana Sushi** (Serves 2-4)

**INGREDIENTS**

* 2 Large whole wheat tortillas
* 4 tbsp Nutella
* 2 Bananas
* Sunflower seeds
* Strawberries

**DIRECTIONS**

1. Place tortilla on a cutting board and spread with Nutella (or your choice of nut butter).
2. Sprinkle sunflower seeds on top of layer of Nutella.
3. Peel banana and lay in on the edge of the tortilla.
4. Roll banana in tortilla.
5. Slice into rounds and arrange on a plate with the cut edge facing up.
6. Place cut strawberries on top of each “sushi” slice.

**NOTES:**

* You can use flat bread or mountain bread in place of tortillas.
* You can use any nut butter you like or even jam for these sushi roll ups.
* If you want nice clean cuts, be sure to wipe your knife between slices.