

# avron

## HEALTHY RECIPE OF THE WEEK



### INGREDIENTS

#### Flour Tortillas

102-471 12pc

#### Bananas

114-104 each

#### WowButter Spread

117-103 2kg

#### Strawberry Spread

106-983 235ml

# BANANA SUSHI

Get the children in on this easy to make snack time treat! The wonderful taste of PB&J with banana, cut into bite size "sushi" rolls!

### INSTRUCTIONS

1. Spread WowButter on one side of tortilla.
2. Spread a line of strawberry spread on top of the WowButter.
3. Peel your banana and straighten it a bit. It's okay if it cracks a little.
4. Roll the tortilla up around the banana, trying to keep it tight as possible.
5. Cut your "sushi" roll into 1/2 or 1 inch rounds and serve!

**YOUR ONE  
STOP SHOP!**

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[AVRON.CA](http://AVRON.CA)

Avron offers all the ingredients needed to make this simple and nutritious recipe!

