



FRUIT & VEGGIE "SUSHI"

FUN TO MAKE & FUN TO EAT!



INGREDIENTS

- Wraps
- Spreads
- Fruit
- Veggies

SEE OUR FULL LIST OF IDEAS ON NEXT PAGE!



PROCEDURE



01

Lay out your wrap, spread & filling options

02

Evenly distribute your spread over each wrap

03

Add your fruit &/or veggie fillers.
BONUS: Combine as many different colors in each wrap as possible.

05

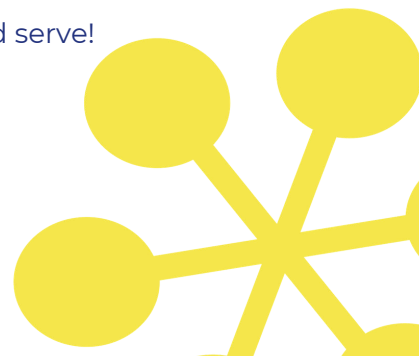
Add Extra Sprinkles

04

Roll up, slice, and serve!



Winter Kids



FRUIT & VEGGIE "SUSHI" INGREDIENT IDEAS

WRAPS

- Bread (crusts removed & flattened with a rolling pin)
- Tortillas
- Flatbread
- Lettuce
- Coconut Wraps
- Seaweed Wraps

FRUIT

- Blueberries
- Blackberries
- Raspberries
- Sliced Strawberries
- Sliced Apples
- Whole Bananas
- Sliced Avocado

SPRINKLES

- Ground flax meal
- Chia seeds
- Nutritional yeast
- Cinnamon
- Toasted coconut
- Furikake
- Everything bagel seasoning

SPREADS

- Peanut, Almond, Sunflower (etc) Butters
- Cream Cheese
- Goat Cheese
- Tahini
- Hummus
- Mashed Avocado

VEGGIES

- Ribboned Carrots*
- Ribboned Cucumbers*
- Chopped Red, Yellow, or Green Peppers
- Chopped Broccoli
- Chopped Celery
- Baby Spinach

**Let your children help, using a peeler, to ribbon carrots & cukes!*

BONUS

Combine as many different colors in each "sushi wrap" as possible.

