

TUPPERCHEF

Serves: 1 • Serving size: 1 tortilla

5
minutes

PREP TIME: 5 minutes

Banana SUSHI

1 large banana
1 large flour tortilla
2½ tbsp. nut butter (peanut or almond)

1. Place flour tortilla on a flat surface and spread nut butter over the whole tortilla until it is fully covered.
2. Peel banana and lay on edge of tortilla.
3. Roll banana in tortilla.
4. Slice tortilla into 1-inch pinwheels.

Nutritional Information (per serving):

Calories: 560 Total Fat: 26g Saturated Fat: 5g Cholesterol: 0mg Sodium: 620mg
Carbohydrate: 72g Fiber: 7g Sugar: 22g Protein: 14g Vitamin D: 0% Calcium: 6%
Iron: 15% Potassium: 15%

date
me

Tupperware®



TO DEMO



Lunch-it

OPTIONAL



Universal
Series
Chef Knife



Measuring
Spoons



Silicone
Spatula