



FRUIT SUSHI!!

Keep cool with these refreshing twists on a popular Asian food.

BANANA SUSHI

1 banana, 1 piece of fruit leather, sprinkles

1. Peel the banana.
2. Unwrap the fruit leather and wrap it around the banana.
3. Have an adult cut the wrapped banana into 1-inch (2.5-cm) slices.
4. Add a few sprinkles to the middle of each “sushi” slice.

MELON SUSHI

1 cantaloupe, 1 cucumber, toothpicks

1. Have an adult cut the cantaloupe into 12 1-inch (2.5-cm) cubes.
2. Use a vegetable peeler to peel the cucumber. Then use the peeler to slice 12 strips of cucumber.
3. Wrap a strip of cucumber around each cube of cantaloupe. Stick a toothpick through the cantaloupe to hold the cucumber on.

DIPPING SAUCE

**1 carton yogurt, any fruit flavor
1 teaspoon honey**

Mix the yogurt and honey together in a small bowl, and use it as a dip for your fruit sushi.



Remember to ask an adult for help when you make a Kitchen Crafts recipe!

Sushi is a type of Japanese food.



It is usually made with rice, raw fish, and seaweed!