

Fruit Sushi

These recipes were provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at Ravenouskitchen.com.

Start-to-Finish: 1 hour

Hands-On Time: 1 hour

Makes about 20 to 30 pieces of sushi (depending on the size of your fruit)

Ingredients

- 1/4 cup peanut or almond butter
- 2 Tbsp. honey
- 4 oz. cream cheese
- 2 Tbsp. honey
- 10 large (biggest you can find) strawberries, rinsed and cut crosswise into 1/2-inch slices
- 2 large, firm kiwi, peeled and cut crosswise into 1/2-inch slices
- 1 large banana, peeled and cut crosswise into 1/2-inch slices
- 1 cup blueberries
- 1 cup raspberries
- 1 cup blackberries



Instructions

For the Peanut Butter and Cream Cheese "Glue"

1. In one bowl, combine the peanut butter and honey. In a second bowl, combine cream cheese and honey. Scrape into separate plastic bags with a small hole cut into one of the corners. Twist the tops closed and set aside.

Sushi #1

1. Cut a few of the strawberry slices into perfect rounds with the 3 1/2 cm cutter. Cut a 2 cm round from the center of the strawberry.
2. Cut the center out of a kiwi slice with the 3 1/2 cm cutter.
3. Place the strawberry in the center divot in the kiwi. Fill the center of the strawberry by squeezing a dab of the cream cheese mixture and top with 3 blueberries.

Sushi #2

1. Cut the banana slices into perfect rounds with the 3 1/2 cm cutter. Cut a 2 cm round from the center of the banana.
2. Cut the center round from a few kiwi slices with the 3 1/2 cm cutter.
3. Place the banana in the center divot in the kiwi. Squeeze a dab of peanut butter onto the center top and garnish with a blackberry or raspberry.

Sushi #3

1. Cut a few of the strawberry slices into perfect rounds with the 3 1/2 cm cutter. Then cut the center out with the 2 cm cutter.
2. Cut a few of the banana slices with the 2 cm cutter and slide the small banana round into the divot in the strawberry. Squeeze a dab of the cream cheese or peanut butter and top with a raspberry or blackberry.

Sushi #4

1. Cut a few of the strawberry slices into perfect rounds with the 3 1/2 cm cutter. Then cut the center out with the 2 cm cutter.
2. Squeeze a dab of peanut butter onto the center and garnish with a blackberry or raspberry.

Sushi #5

1. Cut the center a few of the banana slices with the 2 cm cutter. Squeeze a dab of the cream cheese or peanut butter into the center and top with a raspberry or blackberry.

Note: The scraps can usually be used to make other small pieces of the sushi. Simply stack them up using the peanut butter or cream cheese as glue. Keep the fruit sushi refrigerated until serving.

Tip: Melons and grapes can also be incorporated into fruit sushi. Just have fun and be creative!