





healthy BANANA SUSHi to make allergy free!



Instructions:

1. Peel banana 2. Spread thin layer of nut butter on

flatbread 3. Lay banana at one edge of flatbread and roll up, using nut butter to seal edge. 3. Using a knife, have an adult evenly slice

banana into "sushi" pieces. 4. Enjoy right away or transfer onto a baking

sheet and freeze for later!

Summer's Last Hoorah!

Have a backyard bowling tournament Use empty containers for pins and a ball to roll and set up your bowling alley in

the backyard or driveway.





