

## Healthy Indulgence: Make Delicious Cinnamon Sugar Banana Chips in Your Air Fryer

1 tablespoon granulated sugar



**OVEN**  
**350°F**

**TIME**  
**3-5 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 2 ripe bananas
- 1 tablespoon granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon lemon juice (optional, to prevent browning)
- Cooking spray or a light drizzle of oil

### DIRECTIONS

- 1.** Prepare the : Bananas: Peel the bananas and slice them thinly (about 1/8 inch thick). If desired, toss the slices in lemon juice to prevent browning.
- 2.** Make the : Cinnamon Sugar: In a small bowl, mix together the granulated sugar and ground cinnamon until well combined.
- 3.** Coat the : Banana Slices: Place the banana slices in a large bowl and lightly spray them with cooking spray or drizzle with a small amount of oil. Sprinkle the cinnamon sugar mixture over the banana slices, tossing gently to coat evenly.
- 4.** Preheat the : Air Fryer: Preheat your air fryer to 350°F (175°C) for about 3-5 minutes.
- 5.** Air : Fry the Banana Chips: Arrange the banana slices in a single layer in the air fryer basket. You may need to do this in batches depending on the size of your air fryer. Cook for 10-15 minutes, flipping the chips halfway through, until they are golden brown and crispy.
- 6.** Cool and : Enjoy: Once done, remove the banana chips from the air fryer and let them cool for a few minutes. They will continue to crisp up as they cool. Enjoy them as a snack or use them as a topping for yogurt or oatmeal!

More recipes: [ChefManiac.com](https://chefmaniac.com)

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