

Air Fryer Cinnamon Sugar Banana Fries: A Healthy and Sweet Snack

Air Fryer Cinnamon Sugar Banana Fries



OVEN
350°F

TIME
10-12 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 ripe bananas, sliced thin

1 tbsp olive oil or melted coconut oil

1 tbsp sugar

1/2 tsp cinnamon

Pinch of salt

Swaps and Notes:

Bananas: Make sure to use ripe but not overly mushy bananas. They should be firm enough to hold their shape when sliced.

Oil: Olive oil works well, but melted coconut oil adds a lovely tropical flavor that pairs beautifully with the banana.

Sugar: Feel free to adjust the amount of sugar to your liking. You can also use brown sugar for a richer, more caramel-like flavor.

Spices: A little nutmeg or a touch of pumpkin pie spice would also be a great addition to the cinnamon.

Preparation:

Preheat: Preheat your air fryer to 350°F (175°C). This ensures the bananas start cooking immediately and get that crispy texture.

Toss: In a medium-sized bowl, toss the thinly sliced banana rounds with the olive oil, sugar, cinnamon, and a pinch of salt. Make sure every slice is lightly coated.

Arrange: Place the banana slices in a single layer in the air fryer basket. It's crucial that they

don't overlap, as this allows the hot air to circulate and make them crispy. You may need to do this in batches depending on the size of your air fryer.

Cook: Cook the banana fries for 10-12 minutes, making sure to flip or shake the basket halfway through the cooking time. They should be golden brown and slightly crispy on the edges.

Cool & Serve: Let the banana fries cool for a few minutes before serving. They will crisp up a bit more as they cool. Enjoy your warm, crunchy, and sweet treat!

Tips for Success:

Slice Evenly: Thin, even slices are key to ensuring the bananas cook uniformly. If some slices are thicker than others, the thin ones will burn while the thick ones remain soft.

Don't Overcrowd: This is the most important rule for air frying. If the bananas are piled on top of each other, they will steam instead of crisping. A single layer is a must.

Adjust the Cook Time: All air fryers are different. Keep an eye on your bananas during the last few minutes of cooking to ensure they don't get too dark.

Cool Before Serving: The bananas may not feel completely crisp right out of the air fryer, but they will continue to firm up as they cool. Be patient!

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approximately 150-180

Protein: 1g

Fat: 5-7g

Carbohydrates: 30g

Storage and Leftover Tips:

More Recipes You Will Love:

Final Thoughts:

DIRECTIONS

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- 2. Toss:** In a medium-sized bowl, toss the thinly sliced banana rounds with the olive oil, sugar, cinnamon, and a pinch of salt. Make sure every slice is lightly coated.
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- 6. Tips for Success:** **Slice Evenly:** Thin, even slices are key to ensuring the bananas cook uniformly. If some slices are thicker than others, the thin ones will burn while the thick ones remain soft.
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9. **Cool :** Before Serving: The bananas may not feel completely crisp right out of the air fryer, but they will continue to firm up as they cool. Be patient!
10. **Serving Suggestions and Pairings:** These banana fries are fantastic on their own, but they are also a great addition to a few different dishes. Serve them alongside a scoop of vanilla ice cream, a dollop of yogurt, or even as a topping for pancakes or oatmeal. For a fun, no-bake dessert spread, you could serve them with my [This Edible Cookie Dough is My Favorite No-Bake Treat for Late Night Cravings](#).
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12. **Calories:** Approximately 150-180
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16. This is a much healthier alternative to fried snacks, providing potassium and other nutrients from the bananas.
17. **Storage and Leftover Tips:** These banana fries are best enjoyed immediately after cooking for that optimal crispy texture. They will soften as they sit. If you have leftovers, you can store them in an airtight container for a day, but they won't be as crispy. You can try reheating them in the air fryer for a minute or two to crisp them up again, but they won't be quite the same as fresh.
18. **More Recipes You Will Love:** If you're a fan of simple, delicious treats, I have a few more recipes you'll love. My [This Chocolate Chip Banana Bread is My Favorite Way to Use Up Overripe Bananas](#) is a classic for a reason. For another easy and nostalgic treat, you can't go wrong with my recipe for [These Old School No-Bake Cookies Never Fail Me and I've Made Them 100 Times](#). And for something completely different but equally delicious, my [These Easy Coconut Macaroons are My Favorite 3-Ingredient Treat](#) is a winner.
19. **Final Thoughts:** These Air Fryer Cinnamon Sugar Banana Fries are proof that you don't need a lot of ingredients or time to make something truly special. They are a simple, sweet, and healthy treat that is perfect for any occasion.
20. I hope you give this recipe a try and enjoy them as much as I do. Let me know what you think in the comments below! And don't forget to follow me for more delicious and easy recipes. Happy snacking!

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

Original recipe: <https://chefmaniac.com/air-fryer-cinnamon-sugar-banana-fries-a-healthy-and-sweet-snack/>