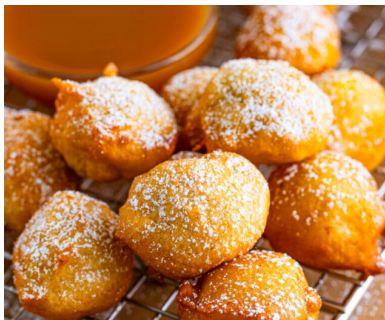


Easy Deep-Fried Banana Fritters: A Sweet, Crispy Treat

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OVEN
350°F

TIME
15 min

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INGREDIENTS

2 large, ripe bananas, mashed

1 large egg, beaten

1/2 cup all-purpose flour

2 tablespoons granulated sugar

1 teaspoon baking powder

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

Vegetable oil for frying

Powdered sugar or cinnamon sugar for dusting

Swaps and Notes:

Bananas: The bananas should be ripe and spotty. This is crucial for both sweetness and moisture.

Flour: All-purpose flour works perfectly here.

Sugar: The granulated sugar in the batter adds a touch of sweetness, and the powdered sugar or cinnamon sugar for dusting adds a final delicious touch.

Frying Oil: Vegetable oil or a similar high-smoke-point oil is best for frying.

Step-by-Step Instructions:

Prep the Bananas: In a medium bowl, mash the ripe bananas with a fork. You want them to be well-mashed, but a few small lumps are fine.

Make the Batter: Add the beaten egg to the mashed bananas and stir to combine. In a separate bowl, whisk together the flour, granulated sugar, baking powder, cinnamon, and salt.

Combine the Batter: Pour the dry ingredients into the bowl with the banana mixture and stir until just combined. Do not overmix!

Heat the Oil: In a large, deep pot or Dutch oven, heat about 2 inches of vegetable oil over medium-high heat to a temperature of 350°F (175°C).

Fry the Fritters: Using a tablespoon or a small cookie scoop, carefully drop spoonfuls of the batter into the hot oil. Fry for 2-3 minutes per side, or until they are golden brown and cooked through. Cook in batches, making sure not to overcrowd the pot.

Drain and Dust: Remove the fritters with a slotted spoon and place them on a paper towel-lined plate to drain any excess oil. While they are still warm, dust them generously with powdered sugar or a cinnamon sugar mixture.

Serve: Serve the banana fritters immediately.

Tips for Success:

Use Ripe Bananas: The riper the bananas, the sweeter and more flavorful the fritters will be.

Don't Overmix: Overmixing the batter will develop the gluten and result in a tough, dense fritter.

Maintain Oil Temperature: Use a thermometer to keep the oil at a consistent temperature. If it's too cool, the fritters will be greasy. If it's too hot, they will burn before they are cooked through.

Serve Immediately: These are best served hot and fresh from the fryer while they are still crispy on the outside.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 250 kcal

Carbohydrates: 30g

Protein: 3g

Fat: 15g

Saturated Fat: 2g

Cholesterol: 20mg

DIRECTIONS

1. **Prep the : Bananas:** In a medium bowl, mash the ripe bananas with a fork. You want them to be well-mashed, but a few small lumps are fine.
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11. **Serve :** Immediately: These are best served hot and fresh from the fryer while they are still crispy on the outside.
12. **Serving Suggestions and Pairings:** These Deep-Fried Banana Fritters are a perfect dessert on their own. They're so rich and decadent that you don't need much else. You could serve them with a scoop of vanilla ice cream, a drizzle of caramel sauce, or a simple dusting of powdered sugar. For a dessert spread, it would go perfectly with other classic treats like a big family banana pudding or some delicious chocolate chip banana bread.
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17. **Saturated :** Fat: 2g
18. **Cholesterol:** 20mg
19. **Sodium:** 200mg
20. **Fiber:** 2g
21. **Sugar:** 15g
22. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. **Storage and Leftover Tips:** This dish is best served fresh. Leftovers are not recommended as the fritters will lose their crispness and become soggy.
24. **More Recipes You'll Love:** If you enjoy easy, sweet, and comforting desserts, you might also like these other recipes:
25. **These :** Old School No-Bake Cookies Never Fail Me and I've Made Them 100 Times

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

Original recipe: <https://chefmaniac.com/easy-deep-fried-banana-fritters-a-sweet-crispy-treat/>