

Jamaican Banana Fritters



Prep:

5 mins

Total:

20 mins

Sirve:

18 servings

Pieza:

11" Square Griddle
medium mixing bowl

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

Get away to the islands with this delicious and decadent treat. Don't know what to do with those ripe bananas? This is the perfect recipe for you! Easy to make and in no time you'll have a sweet treat for dessert or for breakfast. Top with any toppings of your choice. Fruits, nuts, syrups, let your imagination run wild!

5 medium
overripe bananas, mashed

3 tbsp
brown sugar

(36
g)

1 tsp
cinnamon, ground

(3
g)

½ tsp
nutmeg, ground

(2
g)

1 tsp
vanilla extract

(4
g)

¼ tsp
natural salt

(2
g)

1 cup

all purpose flour
(120

g)
coconut oil spray

Optional Toppings: Powdered sugar, honey, shredded coconut,
nuts and/or any fruit of your choice.

Preparación :

1. Add your bananas to a mixing bowl and mash them up with a fork. You can make them smooth or chunky, if desired.
2. Add the sugar, spices, vanilla extract and flour into the banana mixture and combine.
3. Spray griddle with coconut oil and preheat. Add batter in 2-3 inch rounds, fits approximately 9 fritters.
4. Cook fritters until crisp and have gotten a golden brown on both sides. Press down to ensure the batter has cooked through and none runs out.
5. Remove from the griddle and top with any toppings you desire. Serve warm.

Información nutricional por ración

Calorías: 231
Grasa Total: 3g
Grasa 2g
Saturada:
Colesterol: 37mg
Sodio: 183mg
Carbohidratos: 46g
Fibra 3g
Dietética:
Azúcar: 15g
Proteína: 6g