



Long Livo

Cinnamon Sugar Air Fryer Banana Chips

10 min
Prep time

4
Servings

15 min
Cook time

Easy
Difficulty

25 min
Total time
American
Cuisine

Ingredients

Main Ingredients

- ☐ 3 ripe bananas, sliced thin
- ☐ 1 tablespoon olive oil spray
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon lemon juice
- ☐ Pinch of sea salt

Instructions

- 1 Peel the bananas and slice them uniformly, about 1/8-inch thick. Toss the slices gently with lemon juice in a bowl.
- 2 In a small bowl, mix sugar, cinnamon, and sea salt. Lightly spray the banana slices with oil, then sprinkle the cinnamon-sugar mixture, tossing to coat evenly.
- 3 Arrange the coated slices in a single layer in the air fryer basket. Set the air fryer to 350°F and cook for 8-10 minutes, shaking the basket halfway through.
- 4 Remove the chips, let them cool on a wire rack until crisp, then transfer to an airtight container.

Nutrition per serving

120 kcal
Calories

1 g
Protein

25 g
Carbs

3 g
Fat

Tips & notes

- If chips are not crisp after cooling, give them another 2-minute burst in the air fryer.
- A light mist of oil is enough; too much will make them soggy.
- For extra sweetness, drizzle a tiny bit of honey after cooking.