



Long Livo

Fluffy Banana Fritters Recipe

10 min

Prep time

4

Servings

12 min

Cook time

Easy

Difficulty

22 min

Total time

American

Cuisine

Ingredients

Batter

- ☐ 2 ripe bananas, mashed
- ☐ 1 cup all-purpose flour
- ☐ 2 tsp baking powder
- ☐ 2 tbsp granulated sugar
- ☐ 1/2 tsp ground cinnamon
- ☐ 1/4 tsp salt
- ☐ 1 tbsp lemon juice

- ☐ 1/2 cup milk (or plant-based milk)

- ☐ 1 large egg, lightly beaten

For Frying

- ☐ Vegetable oil for deep frying (enough to fill pan 1-2 inches deep)

Optional Finish

- ☐ Powdered sugar for dusting
- ☐ Honey or maple syrup for drizzling

Instructions

- 1** In a bowl, mash the ripe bananas until smooth, then stir in the lemon juice and egg.
- 2** In a separate bowl, whisk together flour, baking powder, sugar, cinnamon, and salt.
- 3** Gradually add the dry ingredients to the banana mixture, alternating with the milk, stirring just until combined. A few lumps are fine – they keep the batter light.
- 4** Heat oil in a deep skillet over medium-high heat until a small drop sizzles (about 350°F / 175°C). Using a spoon, drop batter into the oil, spacing them apart.
- 5** Fry for 2-3 minutes per side, turning once, until golden brown and crisp. Remove with a slotted spoon and drain on paper towels.
- 6** While still warm, dust with powdered sugar or drizzle with honey. Serve immediately.

Nutrition per serving

210 kcal

Calories

4 g

Protein

30 g

Carbs

9 g

Fat

Tips & notes

- For extra fluffiness, let the batter rest for 5 minutes before frying.
- If the batter seems too thick, add a splash more milk; it should coat the spoon lightly.
- You can fold in mini chocolate chips or toasted walnuts for added texture.