



Air Fryer Roasted Bananas

Savannah · 28/09/2024



Prep Time

15 mins

Difficult

Easy

Servings

1

Description

These fried bananas are delicious over ice cream sprinkled with cinnamon and sugar in a smoothie or straight out of the pan Made with only two ingredients and ready in less than 10 minutes this caramelized treat couldnt be easier

Ingredients

- - 1 banana
- sliced into 1/8-inch thick diagonals - avocado oil cooking spray

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Preheat an air fryer to 375 degrees F (190 degrees C) according to manufacturer's instructions. Line the air fryer basket
2. if desired. Place banana slices into the basket
3. making sure that they are not touching; cook in batches if necessary. Mist banana slices with avocado oil. Dotdash Meredith Food Studios Cook in the air fryer for 5 minutes. Remove the basket and flip banana slices carefully (they will be soft). Cook until banana slices are browned and caramelized
4. an additional 2 to 3 minutes. Carefully remove from basket. Dotdash Meredith Food Studios